

# Getting Ready for My Shot

## Accommodation request and preparation form for people with intellectual and developmental disabilities

### Tips for caregivers

People with developmental disabilities (e.g., Down syndrome, Autism) might be uncomfortable with injections or reject medical procedures based on previous negative experiences, fear, or limited understanding. Good preparation can help to make sure that vaccination causes minimal distress. People have unique needs. Think of strategies that might work best for the person you care for.

Prepare the attached **Getting Ready For My Shot** form together and use it when you need to inform staff at the vaccination site about any special needs or accommodations.

### Making a decision

- ▶ All COVID-19 vaccines are scientifically tested, effective, and safe. Adverse reactions are extremely rare and there are no higher risks of side effects for people with intellectual and developmental disabilities than for other people.
- ▶ Contact the person's family physician if you have questions about vaccine options and certain health conditions or medications.
- ▶ Weigh the benefits of protection against serious illness, hospitalization, or death from COVID, over the risks and challenges of getting the vaccine.

### Getting consent

- ▶ Vaccines are not mandatory, and no-one can make a person take the vaccine if they do not want to.
- ▶ Involve the person you support as much as possible in making the decision. Use accessible materials, social stories, or videos to explain vaccination. Talk about the benefits of getting a vaccine, side effects, and consequences of not taking it.
- ▶ Consent to receive a vaccine is required at each vaccination appointment. If the person you care for does not have capacity to give consent, bring a consent form signed by their substitute decision maker. A consent form might be shared upon appointment booking or it might be available for

download at public health websites or the doctor's office.

### Preparing while you wait

- ▶ Be prepared to answer some medical screening questions at the vaccination site. This includes information about medical history (e.g., allergies, immune or blood disorders) and medications.
- ▶ Know which documents you must bring, such as identification, consent form, or a health card. Collect all documents in one folder.
- ▶ Discuss who the person would like to bring for support and comfort.
- ▶ Think about what will motivate the person and choose a reward together. For example, think of a fun activity you will do after the vaccination.
- ▶ There will be a waiting time after the vaccination. This may vary from 15-30 minutes. Plan for some distractions (e.g., favourite book, music, video, or an iPad game). Use a cellphone timer to help with counting down waiting time.
- ▶ If the person you support is very anxious, consider pre-medication. Always discuss this with the person's family doctor. If this is a first-time use, try the medication at least once before the vaccination date to make sure it has the right effect.
- ▶ Use a topical numbing cream to address fear of pain and needles. Buy the cream at your pharmacy.
- ▶ Practice as much as possible. Repeat social stories, Easy Read materials, or videos often. Practice mask wearing, standing in line, and physical distancing, for example with tape or markings on the floor.
- ▶ Practice relaxation and desensitization strategies, such as breathing techniques, sitting still, rolling up the sleeve, massaging the area of the arm where the vaccine is administered, putting on band-aids, seeing masks and gowns.
- ▶ If needed, get familiar with the vaccination site. Consider driving or walking by the building. Ask if you can arrange a pre-visit.

## Asking for accommodations

- ▶ People with developmental disabilities have a right to accommodations in health care. This means they should not face any barriers to accessing a vaccine because of their disability. Accommodation needs are unique for each person. Fill out the **Getting Ready For My Shot** form and bring it to the vaccination appointment.
- ▶ Contact the vaccination clinic ahead of time to discuss specific accommodations. Ask if there will be someone available who can support the person you care for. Types of accommodations that you might ask for:
  - ▶ Exemption from special measures like wearing a mask or physical distancing.
  - ▶ Being moved to the front of check-in line.
  - ▶ A quiet room, away from other people, for the vaccination and/or for waiting times.
  - ▶ Permission to bring in certain items that offer comfort and distraction during waiting times (e.g., iPad for watching a video).
  - ▶ Rescheduling the appointment to the quietest time of day to avoid crowds or noisy environments.

## On the day of vaccination

- ▶ Make sure the person you care for is dressed in comfortable clothing, with easy to roll up sleeves or a t-shirt.
- ▶ Collect everything to bring in one bag: forms, documents, distractions, comfort items and rewards.
- ▶ Repeat social stories, Easy Read materials, or other visuals.
- ▶ Plan for enough time to travel to the vaccination site but estimate to arrive close to the appointment time to avoid waiting.
- ▶ Consider how the person is feeling on the day of the appointment. If necessary, rebook the appointment. Avoid traumatic experiences that might negatively affect future vaccinations.

## At the vaccination site

- ▶ When you arrive, ask if there is a staff member that can offer support throughout the entire process. If needed, share the **Getting Ready For My Shot** form, and explain any accommodations needed.
- ▶ Each vaccination site looks different. Mass-vaccinations often take place in a large hall or gym with rows of vaccination stations. Consider any challenging sensory inputs like noises, bright lights,

open spaces, people, visual markings on floors, medical products (e.g., needles, band-aids), staff wearing masks and gowns.

- ▶ Celebrate the completion of the vaccination. For example, use a vaccination “diploma” that marks the vaccination date(s). Note the date for upcoming appointments.

## After the vaccination

- ▶ Follow up on the reward after vaccination.
- ▶ Read and explain any after-care instructions provided. Explain normal side effects: a sore arm, headaches, feeling tired or low fever. Explain that these symptoms mean the vaccine is working to protect the person from future disease. Typical side effects should disappear within three days.
- ▶ If, at any time, the person you care for shows abnormal symptoms (e.g., seizures), immediately contact a doctor.

## Next appointments

- ▶ Some type of vaccines (e.g., COVID-19) require a second dose or “booster”, within a specific timeframe for optimal effect. Set a reminder for the follow-up appointment.
- ▶ Repeat this preparation process and update the **Getting Ready For My Shot** form, including getting consent, each time the person you care for has a vaccination appointment.

# Getting ready for my shot

## Accommodation request form

Complete this form together with someone who supports you. Bring this form to your vaccine appointment.

My Name	
First	Last

I have a vaccination appointment for	
day/month/year	time

Location

Name of the person coming with me	
First	Last

Things that I find difficult
<input type="checkbox"/> Waiting in line
<input type="checkbox"/> Wearing a facial mask
<input type="checkbox"/> Keeping physical distance
<input type="checkbox"/> Seeing other people getting needles
<input type="checkbox"/> Holding still
<input type="checkbox"/> Keeping quiet
<input type="checkbox"/> Noises
<input type="checkbox"/> Bright lights
<input type="checkbox"/> Large open spaces
<input type="checkbox"/> Talking with people
<input type="checkbox"/> Understanding information
<input type="checkbox"/> Seeing needles
<input type="checkbox"/> Band-aids
<input type="checkbox"/> Pain
<input type="checkbox"/> Other:

How you can help me
<input type="checkbox"/> Bring me to the front of the check-in line
<input type="checkbox"/> Allow me to wear my own mask*
<input type="checkbox"/> Let me walk around
<input type="checkbox"/> Bring me to a separate quiet area
<input type="checkbox"/> Let my support person(s) help me stay still
<input type="checkbox"/> Use simple language
<input type="checkbox"/> Repeat questions or information if needed
<input type="checkbox"/> Show and tell me what you will be doing
<input type="checkbox"/> Let me look away
<input type="checkbox"/> Give the shot as quickly as you can
<input type="checkbox"/> Remind and help me to count down
<input type="checkbox"/> Massage my arm before administering the vaccine
<input type="checkbox"/> Let someone hold my hand
<input type="checkbox"/> Tell me how well I am doing
<input type="checkbox"/> Ask if I feel faint and let me lie down
<input type="checkbox"/> Other:

\*entering a vaccination site without wearing a facial mask might not be possible. Call the clinic before the appointment date to ask about specific accommodations.

Overall, you can help me by

# Getting ready for my shot

## A form to prepare for vaccination

A vaccine protects you from getting sick. Doctors and nurses give people vaccines by using a needle. This is also called “getting a shot”. Fill out this form before getting your shot. Bring the form with you.

### MY APPOINTMENT

#### My name

First

Last

#### I will get my shot on

day/month/year

time

#### Place where I will go to get my shot

Location

#### I will go there by

- car       taxi       bike       public transit       walk

#### Name of the person I will bring with me

First

Last

#### I want to get the shot because

### WHAT I NEED TO BRING WITH ME

- My health-card    OR     My passport
- A form with my written name or signature that shows that I say yes to getting the shot (the consent form).  
\*This form can also be signed by someone who helps you make health care decisions. You can also get this form at the place where you are getting your shot.

#### Something to do while I am waiting

#### Something that makes me feel good

#### Other things I want to bring

## WHAT THE DOCTOR OR NURSES NEED TO KNOW

Answer these questions before you go to get your shot.

### My doctor's name

First

Last

I already got another shot in the past two weeks  yes  no

### My medication

### Other important things about my health

The doctor or nurse will ask how you are feeling on the day of your shot. Answer these questions on the day that you are getting your shot.

### Have any of these been bothering me in the last 2 weeks

- |  |  |
|--|--|
| <input type="checkbox"/> fever or chills             | <input type="checkbox"/> headache                            |
| <input type="checkbox"/> new cough                   | <input type="checkbox"/> feeling tired                       |
| <input type="checkbox"/> runny nose or stuffy nose   | <input type="checkbox"/> stomach pain                        |
| <input type="checkbox"/> sore throat or hoarse voice | <input type="checkbox"/> diarrhea                            |
| <input type="checkbox"/> hard to breathe             | <input type="checkbox"/> problems smelling or tasting things |

### Was anyone I live with sick in the past week

- yes  no

## AFTER THE SHOT

After getting your shot you may have a sore arm, a headache, feel tired or like you have a fever. This is normal. It means it is working and will protect you from getting sick later. This should go away in 3 days after getting your shot. If you feel very sick, get help right away and call your doctor or nurse.

## MY NEXT SHOT

You may get an email or a phone call about your next shot. Write down the day and time and keep it with your health papers.

Fill out this form again when you go for a next shot.

### My next shot is on

day/month/year

time

### Things I liked about getting the shot

### Things I did not like about getting the shot

### Ideas to make my next shot easier

## Supporting materials

### Public health information and how to book an appointment

For information on COVID-19 vaccination, monitor the daily news, read local government information online, find your public health unit, or call a provincial vaccine information line.

#### Ontario

- ▶ [COVID-19 Vaccines for Ontario](#)
- ▶ Ontario Provincial Vaccine Information Line: call 1-888-999-6488 (TTY 1-866-797-0007)
- ▶ [City of Toronto: COVID vaccines](#)
- ▶ [Ontario COVID19 Consent Form](#)

#### Canada

- ▶ [Government of Canada: COVID vaccines](#)

### Accessible information about COVID-19 vaccines and how to prepare

For accessible resources on the COVID-19 vaccine, social stories, videos and practical tips on how to prepare, see:

#### COVID-19 Resources for Healthcare Providers and Caregivers

Developmental Disabilities Primary Care Program (DDPCP), Surrey Place, Toronto  
<https://ddprimarycare.surreyplace.ca/covid-19/covid-19-tools-and-resources/>

#### How to Stay Safe, Well and Connected: COVID-19 Resources

Health Care Access Research and Developmental Disabilities (H-CARDD), Centre for Addiction and Mental Health, Toronto  
<https://www.hcarddcovid.com/info>

Some of these supporting materials are hosted by external organizations and the accessibility of these links cannot be guaranteed. The DDPCP will make every effort to keep these links up to date.

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