



Attending a **Near Me** video appointment from home

Information for children and young people.

You usually see your doctor/hospital team by attending a clinic.

HOME

Your next clinic appointment will be at home using your phone, computer or tablet.

The Doctor and hospital team still want to look after you and check how you are without needing to see you face to face.

You will meet the doctor or health professional using a video call.

It is called a Near-Me appointment because we can come to where you are using video.

We want you to stay safe online!

Don't have video conversations with people you don't know.

At home you don't open the door to strangers. It's the same with video calls.

It is ok to talk to your doctor or hospital team though.

For your Near Me video appointment your parent or carer have said it's okay and they will be with you.

What will happen during your appointment?

You might be asked to:

- Speak and answer some questions
- Show part of your body to the camera (for example the back of your throat)
- Do certain tasks, like walking

You are very welcome to:

- Laugh
- Make jokes
- Ask questions
- let us know if you find it stressful.

Sorry, but Emojis won't work with Near Me



Steps to a successful appointment

1 Getting ready for your appointment

Think about what you are wearing: what will we need to see on the camera?

Go to the toilet

Have a drink and a snack

Choose a toy to play with

Have the room well lit so we can see you clearly

Think of any questions you have

If you sign or use symbols please have them ready

Work out with the adult where to stand the tablet or phone so you can all be seen and have your hands free.

A DIY phone stand is handy.

2 In the appointment

Stay where you can be seen

Have your listening ears on

Be brave and ask questions

Be honest about stuff

Please work together with the adults to make it a success. Thank you!

Colour this in!

Draw something in the light!