



VISITING RAISE THE BAR

A social story about visiting our
Clyde North clinic

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I'M GOING TO VISIT
RAISE THE BAR



Lots of people come to our clinic
for many different reasons

A B C



1 2 3

We can't wait to meet you!

When you arrive you will see this building



WHEN YOU WALK INTO THE BUILDING YOU'LL SEE...



**AN ENTRYWAY THAT
LEADS TO A LIFT**

You'll go into the lift and
up to level one.



**OR YOU COULD
WALK UP THE
STAIRS TO LEVEL 1
INSTEAD**

YOU'LL ARRIVE AT LEVEL 1 AND SIT IN THE WAITING ROOM



You might go
to the toilet
before you sit
down

YOUR PSYCHOLOGIST WILL COME AND SAY HELLO



You'll then follow them to a clinic room.

You can choose if you want your parent, caregiver, or support person to come with you.



The room might look like this

YOU MIGHT DO THE FOLLOWING ACTIVITIES WITH THE PSYCHOLOGIST



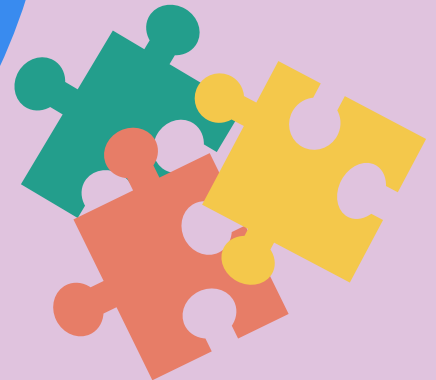
1. You might initially play some games, draw, or play with some fidget toys.

2. When you feel comfortable your support person might leave the room.



4. You might also have movement or game breaks from the tasks. You can ask for a break, a drink, or to go to the toilet at any time.

3. You will complete some problem solving activities and maybe answer some questions about your interests, friends, or school.



YOU CAN BRING THINGS THAT MAKE YOU FEEL COMFORTABLE

This could be

Items that you really like, make you feel happy, or make you feel comfortable, such as...



toys



books



photos

Sensory items, such as



weighted blankets



fidget toys

A snack and a water bottle



The psychologist will also have lots of fidgets in the clinic room

Be sure to bring anything that helps you learn, see, or hear like glasses or a hearing aid



WE CAN ALSO MAKE THE CLINIC ROOM MORE COMFORTABLE FOR YOU



Your psychologist might ask if:

1. You prefer your shoes on or off
2. If you want to move your body, go for a walk, or take a break
3. If you'd prefer to communicate using different methods such as augmentative and alternative communication (AAC)

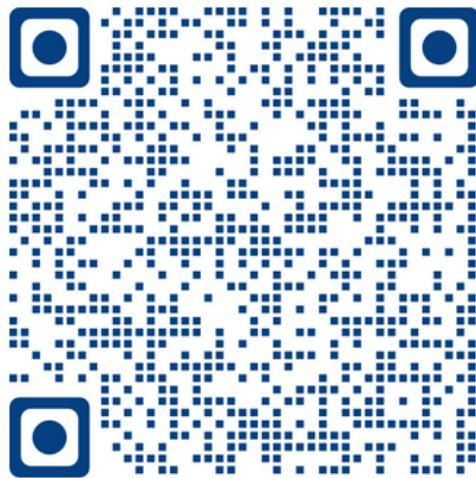
If you have any other preferences you can tell your caregiver or the psychologist

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WE CAN'T WAIT
TO MEET YOU!



If you'd like to see a photo or read about one or more of our psychologists you can check out our website at



www.raisethebarclinic.com.au

**IF YOU HAVE ANY QUESTIONS YOU CAN ASK YOUR
CAREGIVER OR PSYCHOLOGIST**