



# VISITING RAISE THE BAR

A social story about visiting our  
Heatherton clinic

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I'M GOING TO VISIT  
RAISE THE BAR



Lots of people come to our clinic  
for many different reasons

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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.



**ON LEVEL ONE YOU WILL SEE A HALLWAY AND TOILETS**

You might walk down the hallway to the clinic or you might go to the toilet.



**YOU'LL ARRIVE AT THE CLINIC AND SIT IN THE WAITING ROOM**

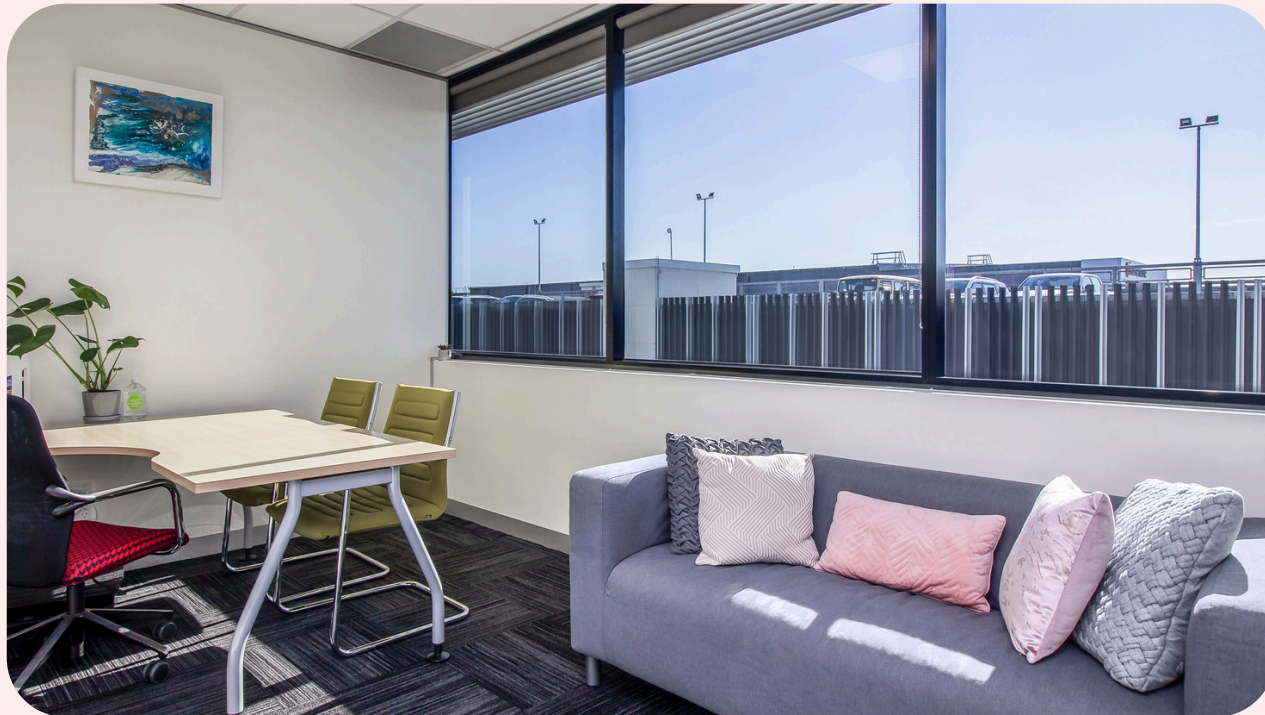
There are some chairs, beanbags, fidgets, and water. You can use all of these things while you wait.

# YOUR PSYCHOLOGIST WILL COME AND SAY HELLO

You'll then follow them down a hallway to a clinic room.

The room might look like this.

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



# YOU MIGHT DO THE FOLLOWING ACTIVITIES WITH THE PSYCHOLOGIST



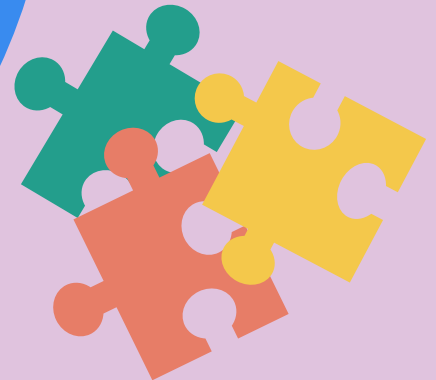
1. You might initially play some games, draw, or play with some fidget toys.

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)

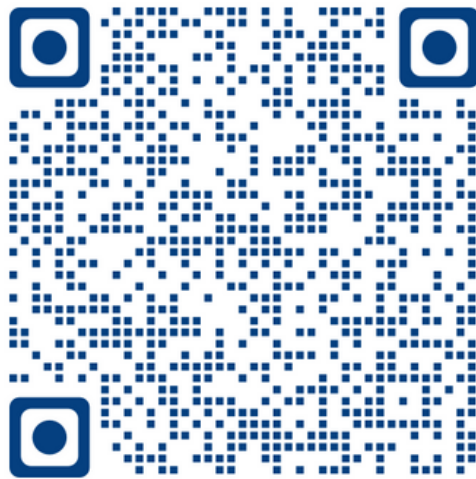
If you have any other preferences you can tell your caregiver or the psychologist

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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](http://www.raisethebarclinic.com.au)

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