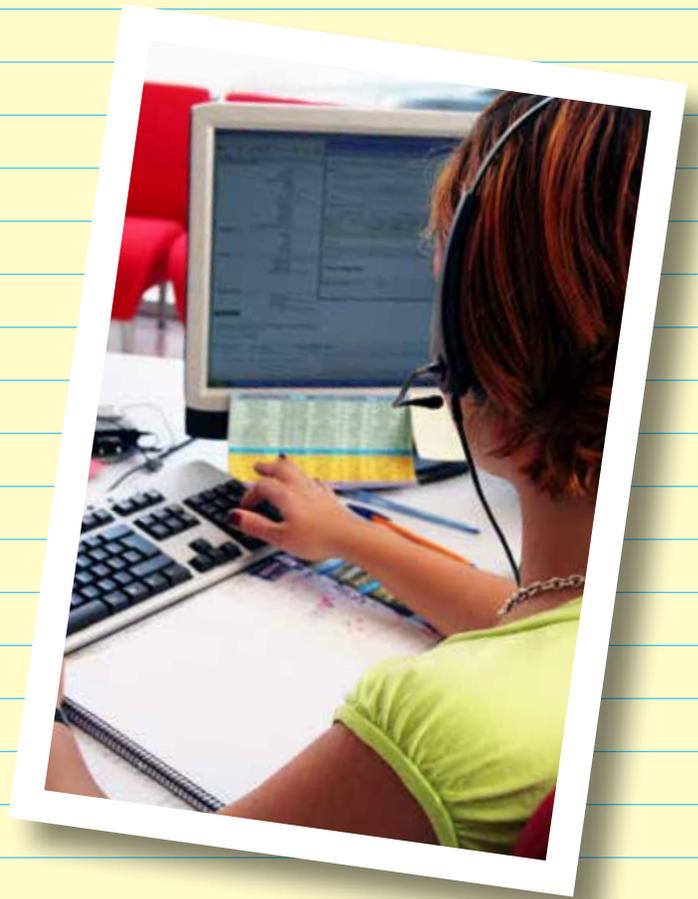


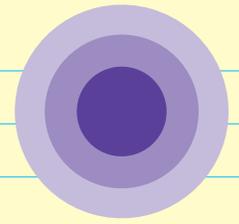
# Scheduling Transportation

Moving from Pediatric to Adult Health Care

## Lesson Plan

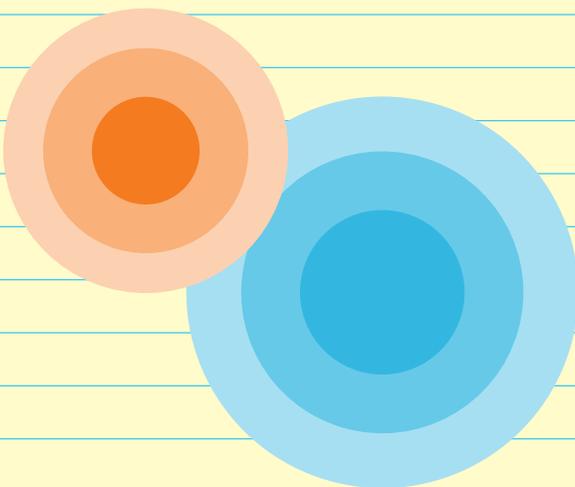






## Learning Objectives:

- Understand that the scheduling of an appointment is incomplete until transportation has been arranged as well
- Be familiar with information that will be asked when calling a transportation company
- Organize information using a calendar, journal, or appointment log
- Utilize checklists and templates when making a phone call to schedule transportation
- Practice listening & speaking while making a phone call to schedule transportation
- Master skill of recording dates & times accurately



## About the Healthy Transitions Lesson Plans

The Healthy Transitions lesson plans are designed for group sessions with an instructor and 5-15 young adults with developmental disabilities. Each module can be completed during an hour-long session that includes time for breaks and informal discussion. Units can be presented as a stand-alone activity, or as a 6-part curriculum. The goal is to foster self-determination and the active involvement of young adults with developmental disabilities in their own health care.

The lesson plans are organized around modeling and role-play for 6 key interactions relevant to successful navigation of the health care system:

Office Secretary > Scheduling an Appointment  
Transportation Provider > Scheduling Transportation  
Office Receptionist > Paperwork at the Sign in Desk  
Physician or Nurse > Speaking up at the Doctor's Office  
Pharmacist > Calling in a Prescription Refill  
Service Coordinator > Setting Health Goals

The lesson plans focus on encounters with **people** in the health care system. This format was developed with input from young adults with developmental disabilities. Our focus groups revealed that young adults with developmental disabilities experience health care in terms of buildings (hospital, offices) and episodes (emergencies), rather than relationships and interactions. The Healthy Transitions lesson plans build skills that youths can use to partner more effectively with their health care team.

Modeling, role-play, and active participation are key components of each lesson plan. Lesson plans also include chant, rap and cheers to foster a positive learning environment. Each module begins with an informal assessment of the participants' strengths, knowledge, experiences, and learning styles. Skills can be developed across a wide range of individual ability levels by mixing and matching activities as appropriate for each group.

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*The Healthy Transitions lesson plans were developed by Patricia Slaski, MEd, a teacher with more than 33 years of experience in the field of special education. Pat is also the mother of an adult daughter, Darcy, who has multiple disabilities. The modules were designed with input from youths, parents, health care providers, service coordinators, and educators with funding support from the NYS Developmental Disabilities Planning Council, the NYS Department of Health, Burton Blatt Institute at Syracuse University, and the Golisano Children's Hospital at SUNY Upstate Medical University in Syracuse, New York. The Healthy Transitions project also features a ten-part series about health care transition for professionals and parents. Please visit us on the Internet at [www.HealthyTransitionsNY.org](http://www.HealthyTransitionsNY.org) for more information.*

### The suggested sequence of skill building activities is:

- 1. KWL chart:** This chart is used at the beginning and at the end of each session. It summarizes current knowledge about a topic—what participants want to know—and, at the end of each session—what was learned.
- 2. Video:** The group views several brief 2-3 minute video vignettes. These videos feature actors who are young adults with developmental disabilities demonstrating etiquette and skills relevant to various health related skills. The videos can be viewed and downloaded from [www.HealthyTransitionsNY.org](http://www.HealthyTransitionsNY.org).
- 3. Mind Map:** After viewing each video, a mind map is generated as a group activity to summarize concepts and ideas learned.
- 4. Confidence meter:** This is an individual self-rating measure to create awareness about the participant's comfort, attitude, and familiarity with a specific health care interaction. The confidence meter is used before and after the role-play activity to track progress.
- 5. Role-play:** Participants break into small groups for role-play practice. A sample form can be used as a script. Each participant can also customize a blank role-play template.
- 6. KWL chart:** This chart is used at the end of each session, to summarize what was learned. Items listed in the "What I Learned" column can be used on the certificate to document achievement at a wide range of individual ability levels.
- 7. Rap, Chant, Group Energizer:** These activities are "group energizers" that can be used to engage participants at anytime during the lesson plan. These may be particularly relevant to auditory or tactile learners or participants who are unable to engage in structured role-play
- 8. Certificate:** Items listed in the "What I Learned" column can be used on the certificate to document achievement at a wide range of individual ability levels. Self-score on the confidence meter is used to embellish the "seal" on the certificate of achievement for each module.



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**Note from Pat:** Please contact us at [www.HealthyTransitionsNY.org](http://www.HealthyTransitionsNY.org) if you have any questions or suggestions for improving the curriculum. We welcome feedback!

Sincerely,  
Pat Slaski



## Video Guide: Scheduling Transportation

This vignette shows a young man with spina bifida arranging transportation for one of his medical appointments. His sister provides support. Options discussed include asking a family member or a friend, contacting the service coordinator, and calling a taxi company. The phone call to schedule a taxi is portrayed.



### 1. "Have ready . . ."

It is necessary to have important information on hand before making a phone call. Go over where this information is kept, and/or how participants can get this information before making a phone call. The phone numbers of transportation providers and support people can be added to a "medical log" in an address book, calendar, or agenda.

### 2. "How will you get to your appointment?"

Many people are anxious about doctor appointments. This is a great time to discuss the importance of support. Ask participants to discuss how their circle of support can help them to schedule medical visits and transportation.

### 3. "Making the phone call."

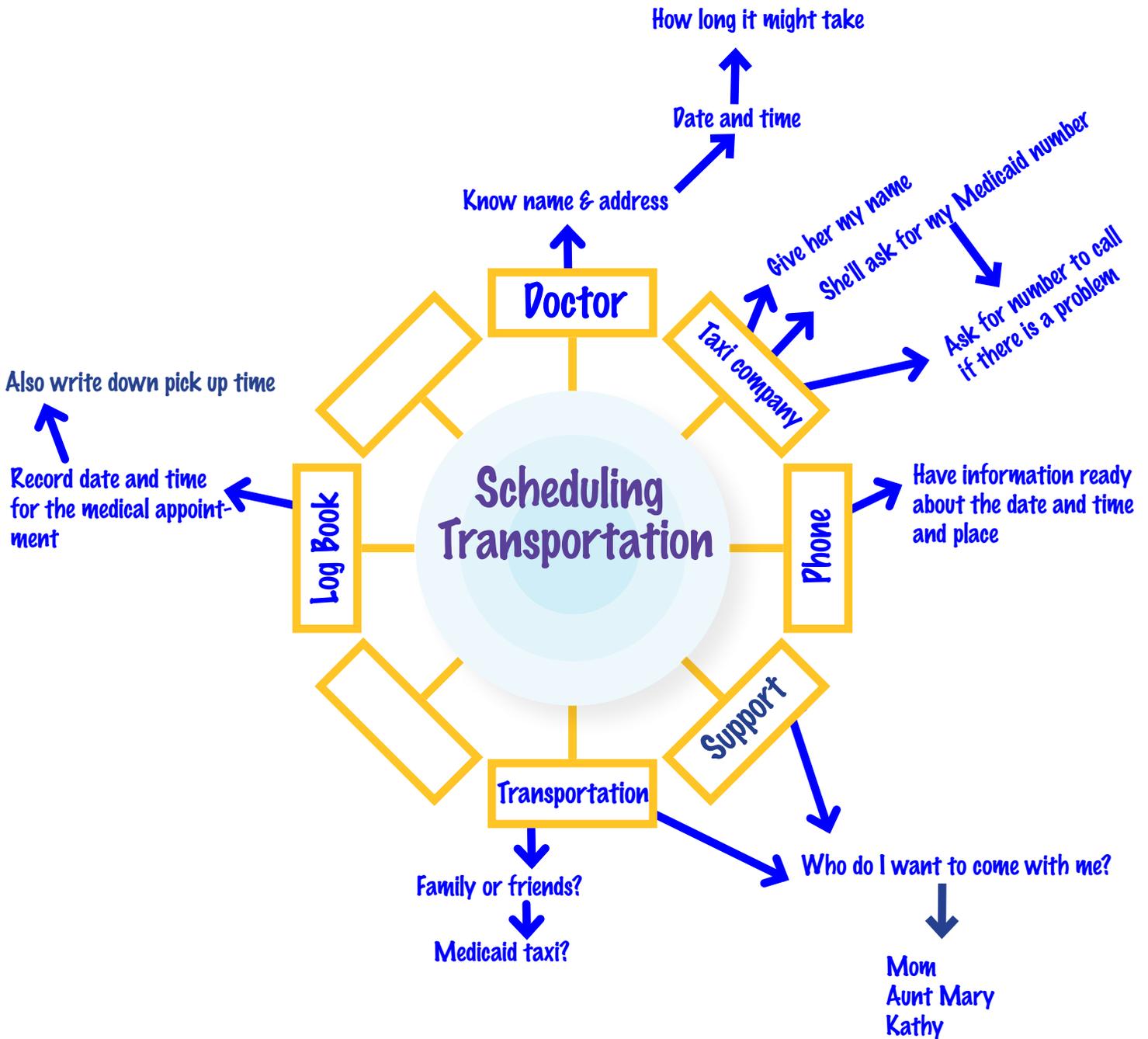
This part of the vignette demonstrates exactly what is said when making a phone call to schedule transportation. This information may seem very basic, but when we are on the telephone and under pressure, it is very easy to forget what we need to say and do. A check list is one way to assure that all the information is both retrieved and conveyed. It is especially important to practice these tasks. Practice gives comfort and comfort relieves uncertainty. Discuss role play as a general strategy for skill development. Discuss how skill attainment promotes independence.

## Questions for Group Discussion

- ▶ Where do you keep phone numbers & contact information for arranging transportation?
- ▶ Name 3 ways that someone can arrange for transportation to a medical appointment.
- ▶ Have you ever scheduled transportation for a medical appointment?

**Download this video** by selecting the "VIDEOS" tab on our home page at [www.HealthyTransitionsNY.org](http://www.HealthyTransitionsNY.org). To download a moderator guide for all of the videos, click the "SKILLS" tab.

# Sample Mind Map



## How to use the Mind Map

This chart can be used in individual or group settings to break down the information that was presented in the video vignette. Enter the video title in the center area and related topics in the surrounding boxes. Draw lines to make connections between related topics. Additional ideas may be added by drawing separate lines outward. Color and pictures may be used to enhance information. "Post-it" notes can also be used. These can be arranged by the group on a table or a white board.

# Confidence Meter



**How to use the Confidence Meter:** Participants are asked to rate how confident they are about interacting with various health care professionals. The confidence meter focuses attention on their social skills and language pragmatics. It can be used to generate discussion about the importance of active participation in one's own health care.

## Role Play Example: Scheduling Transportation

1. Gather the items you will need to schedule transportation for a medical appointment:
2. Using the following script, practice making a phone call with a partner who acts the role of a transportation scheduler.
3. Write down the information you receive in your calendar. Reverse roles.

- You Will Need:*
- Cell phone
  - Pen
  - Calendar
  - Your insurance card/number
  - Your doctor's name & address
  - Your appointment date and time

**YOU**

Hello, my name is: (say your name)  
I would like to schedule a ride to a medical appointment on  
(say the date and time of your appointment)  
I am going to (say the name and address of the doctor)

What is your Medicaid ID number?  
And what is your current address and phone number?

**Taxi  
Scheduler**

**YOU**

(Check Your Insurance care and give information)  
My Medicaid number is: (say your Medicaid number)  
My address is: (say your address)  
My phone number is: (say your phone number)  
What time will I be picked up? (write in calendar)  
What number should I call if there is a problem? (write in calendar)

(The scheduler will answer your questions as you ask them.  
Make sure to write the answers down in your calendar!)

**Taxi  
Scheduler**

**YOU**

Before you hang up the phone....  
Repeat the information back to the scheduler:  
My ride will pick me up at (say your address)  
On (say date/time)  
And bring me to (say doctor's address)  
The number to call if there is a problem is (say phone number)  
...Thank you!

**How to use the Role-Play Template:** Use this template as a script with 2 or more individuals. Cell phones and a calendar or appointment book can be used as props. Individuals may also use the blank template to customize scenarios. Have individuals practice listening and writing down information. Reverse roles and repeat. Use the "confidence meter" before and after each role-play session to track progress.

# Calendar • Benefit Card

## JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	3	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Date and time of appointment:**  
*July 10*  
*1:30 p.m.*

**What the appointment is for:**  
*To find out why I have an earache*

**Doctor's Name:** *Dr. Miller*  
**Doctor's address:** *25 Main Street*  
**Doctor's Phone#:** *44-4321*

**Transportation:** *Medicaid taxi*  
**Pick up time:** *12:15*  
**Number to call if there is a problem:**  
*44-1234*

Activities  
 Datafile  
 Contacts

ID Number

Last Name

First Name

NEW YORK STATE

# BENEFIT

IDENTIFICATION CARD

ID NUMBER AB12345C      CARD NUMBER 123456 1234 5678 111 01  
 SEX F      DOB 11/11/1992  
 LAST NAME SARAH  
 FIRST NAME JONES

ISO#100123      ACCESS NUMBER 1234 1234 123      SEQ# 01

Sarah Jones

Card Number

ISO Number

Access Number

SEQ Number

**How to use the Calendar and Benefit Card** Use this calendar and benefit card as a guide during role play to practice writing down the date and time of an appointment and to become familiar with your Medicaid card. There is a blank calendar and an unlabeled Medicaid card at the end of the chapter to practice with, or use your real ones.

# RAP

Doctor's visit, time to go  
Need to organize so it flows  
Got my numbers, got my card  
And with practice it's not so hard  
Need to schedule transportation  
Ask and give some information

Can't forget what I must do  
Write down the date and the time too  
I'll make that call for a ride  
And mark my calendar with what we decide

Now I'm the Master  
Using my Skills as a Rapper!



## How to Use Rap

Rapping helps auditory learners to become familiar with new vocabulary. Rapping is just a matter of matching the beat with the rhythm of the words. Each beat accents a different syllable. Participants may pick a favorite song or use the sample and create their own beat. After listening to the words, participants clap along to the beat, and start "rapping" with the song.

# Chant

Hands up // (silent beats)  
For **Health** // (silent beats)  
Gonna' name (clap, clap)  
Some **SCHEDULING SKILLS** (clap, clap)  
One apiece (clap, clap)  
No repeats (clap, clap)  
No hesitation (clap, clap)  
No duplication (clap, clap)  
Starting with (clap, clap)

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Named participant responds with a word or idea about the topic.  
It's okay for a participant to pass if they so choose.



## How to Use the Chant

Participants are seated in a circle. The instructor names a skill topic and demonstrates singing and clapping of the chant. Participants are encouraged to join in with the singing and clapping. As their name is called participants state words or ideas that fit with the topic. Naming moves one-by-one around the circle. Participants may "pass" if they prefer. Process continues until everyone has had an opportunity.

# Group Energizers

Standing Ovation  
(make an O with arms)

Sitting Ovation

Clam Clap

2 Finger Clap – Opera Applause

Clap and a Half

Micro-wave

High Five

High Five & Ankle Shake

Raise the Roof

Drum Roll

Round of Applause

Pat on the Back

Give Yourself a Hug

Awesome Cheer

Seal of Approval

YES, YES, Y-E-S Cheer

Excellent – Air-Guitar

Two Thumbs Up

WOW (W - 3 fingers, O - open mouth, W - 3 fingers)

Knuckle Knock

Knuckle Knock with attitude

## How to use the Group Energizers

For a job well done, participants select a cheer to celebrate hard work and success! Group energizers can be used at the end of a unit, when discussing the “What I Learned” list on the KWL chart, or at any time throughout the session to promote active participation.





## Role Play — Now You Try! Scheduling Transportation

1. Gather the items you will need to schedule transportation for a medical appointment:
2. Using the following script, practice making a phone call with a partner who acts the role of a transportation scheduler.
3. Write down the information you receive in your calendar. Reverse roles.



**YOU**

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**Taxi Scheduler**

**YOU**

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**Taxi Scheduler**

**YOU**

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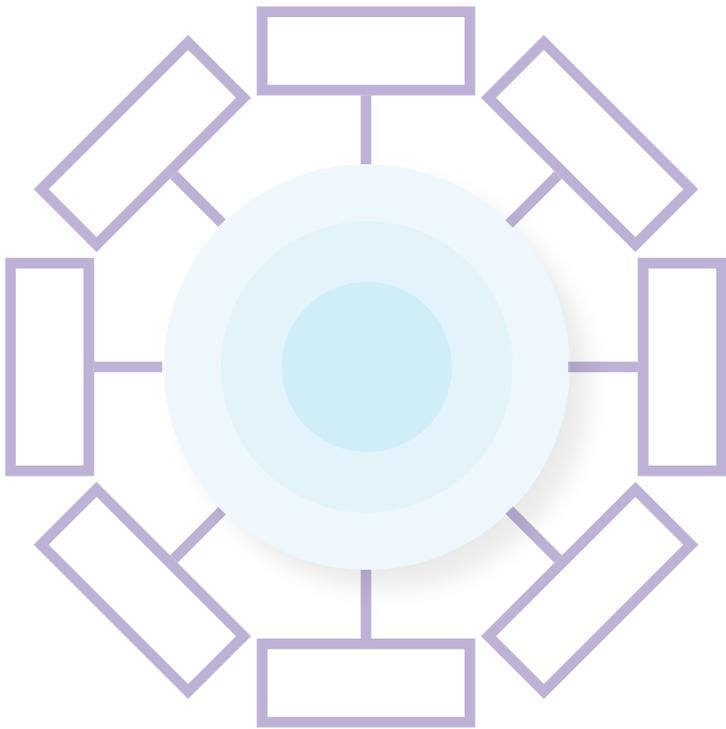
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**Make sure you write down all the information!**



# Mind Map - Now You Try



**How to use the Mind Map**

This chart can be used in individual or group settings to break down the information that was presented in the video vignette. Enter the video title in the center area and related topics in the surrounding boxes. Draw lines to make connections between related topics. Additional ideas may be added by drawing separate lines outward. Color and pictures may be used to enhance information. "Post-it notes" can also be used. These can be arranged by the group on a table or a white board.

# CONGRATULATIONS!



**Has Successfully Learned Skills for  
Scheduling Transportation**



healthy  transitions

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healthy   
transitions

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