



# My immunisation comfort plan



This plan is designed to provide simple ways to help you take control, choose what works for you and make things more comfortable when getting immunised!

Please tick or comment the items which you may find helpful.

## Before the immunisation:

- I like to be told what is going to happen
- I like to ask questions about the procedure
- I like to be shown the procedure
- I like the medical equipment to be out of view
- I like to be in a comfortable position
- I like to be engaged in activity
- I like to use numbing cream (must be on 30-60 minutes before)
- I like to use a cold pack
- Something else:

## During the immunisation:

- I like my caregiver to be close by
- I like to have my favourite toy / device
- I like to listen to:  Music     One voice     Quiet     What's happening
- I like to look at:  Device     Caregiver     SmileyScope VR     What's happening
- I like to use signals to indicate:     Start     Stop     Countdown
- I like to use relaxation techniques:     Deep breathing     Bubbles     Pinwheel
- I like to use sensation distractors:     Buzzy Bee     Fidgets     Touch
- I like to help where possible e.g. take off the numbing cream myself
- Something else:

## After the immunisation:

- I like to plan for next time
- I like to have quiet time
- I like to have something to eat / drink
- I like to play
- I like to listen to music
- I like to have something to look forward to
- Something else:



This document can be made available in alternative formats on request for people with disability.

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