

JMCC First Visit Checklist



Welcome to JMCC! Here's what to bring and what to expect.
Your first visit is an important step in your child's care journey.
This checklist will help you feel prepared and confident.

WHAT TO BRING

- Health card (OHIP) or any identification your child has
- Any mobility or communication devices your child uses (e.g., wheelchair, walker, AAC device)
- A favourite toy, comfort item, or snack

Documents (if available):

- Medical records, diagnosis reports, or assessments
- List of current medications
- Reports from school, daycare, or other therapists
- Completed JMCC intake forms (if sent in advance)

BEFORE YOU COME

- Review your appointment date, time, and location
- Ask about parking and entrance instructions (accessible parking is available)
- Let us know if you need an interpreter or have any special needs
- Talk to your child about what to expect in simple, positive words
- Bring a list of your questions or concerns

WHAT TO EXPECT

- You will check in at the front desk
- A staff member will explain your visit and guide you
- Your child may be seen by one or more team members (e.g., OT, PT, SLP, Social Worker)
- You'll have time to talk about your goals, ask questions, and learn about next steps
- We'll help you feel supported every step of the way

Use this space to jot down any reminders or questions you want to ask during your visit.

