

My Health. My Voice. My Choices.



An Inclusive Healthcare Initiative from
ABLE, inc. & Connect Medical Clinic

CONNECT
MEDICAL CLINIC

ABLEinc.

Healthcare should work for you. Going to the doctor can sometimes feel rushed, confusing, uncomfortable, or stressful. ABLE and Connect Medical are working together to learn what can make healthcare visits easier to understand, more comfortable, and more respectful for people with disabilities.

Everyone's comfort level is personalized.

Communication that
works for me

Pictures, simple language, more processing time or
communication tools.

Comfort choices

Quieter spaces, headphones, breaks, different
lighting or a support person.

Knowing what to expect

Pictures or explanations before an exam or
procedure.

More control

Asking before touching, being able to say STOP,
BREAK or MORE TIME.

Enough time

Appointments designed around the person's needs
when possible.

Information I understand

Accessible health education and clear next steps.

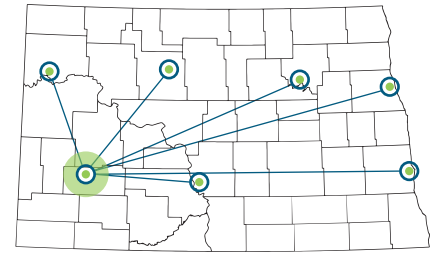
Participation is a choice.

People supported and their families/guardians will decide whether they would like to participate. We want participants to help shape the project by telling us what works, what doesn't, and what would make healthcare better for them. Participants are helping us design better healthcare.



Where is it?

Local Pilot: Connect Medical Clinic facilities and ABLE, Inc. service environments in Dickinson, ND.



Broader Reach: Designed as a scalable, replicable model to be shared across health systems in North Dakota.

Why does this matter?

Healthcare is not always designed for everyone.

Appointments can move quickly. Medical information can be hard to understand. Bright lights, noise, waiting, touch, or unfamiliar procedures can make visits stressful. Some people may need more time, pictures, different ways to communicate, or other supports to fully participate in their care.

These visits are **not intended to replace your primary care provider or provide ongoing treatment for diseases or complex medical conditions.** Instead, they provide additional time and support for wellness, prevention, education, communication, and comfort. This is an opportunity for you to be more involved in your own healthcare.

Your doctor stays your doctor.

Participating in this pilot **does not mean changing your doctor or replacing the healthcare you already receive.** These visits are an added opportunity to focus on your overall health and wellness while helping us learn how healthcare can be more comfortable, understandable, accessible, and centered around you.

Understanding My Body, Choices & Boundaries

Sexual & Reproductive Health

Understanding your body, sexual health, menstruation, birth control, healthy relationships, and questions that are important to you.

Consent, healthy touch & personal boundaries

Understanding appropriate touch during healthcare, personal care, and relationships; recognizing when something feels uncomfortable or unsafe; and learning how to communicate your choices and boundaries.

Communication & self-advocacy

Learning ways to ask questions, make choices, express pain or discomfort, ask for more time, and communicate yes, no, stop, or I don't understand.

You and the Connect Medical team will decide together what you would like to focus on.

Your visit might include:

Women's or men's wellness and preventative health

Menstrual health, birth control, hormones, or thyroid health

Nutrition, movement, sleep, and other healthy choices

A head-to-toe wellness assessment

Emotional, social, practical, and spiritual well-being

Understanding your body and preventive healthcare

Other health and wellness topics that are important to you

Goals

For the Person

My Voice Matters

I can understand what is happening, communicate what I need, make choices and have more control over my healthcare experience.

For Families & Support Teams

Better Preparation. Better Partnership.

Providers have useful information before the appointment, reducing the need to repeatedly explain what works and helping everyone support the person consistently.

For the Future

What we learn can help others.

Participants will help us discover what truly makes healthcare more accessible. Successful tools and ideas can then be shared with other healthcare providers across North Dakota.



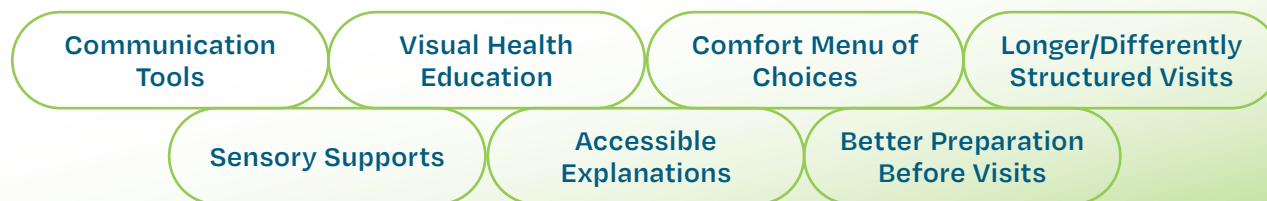
CONNECT MEDICAL CLINIC

683 State Avenue N, Suite E
Dickinson, ND 58601

ABLE inc.

1951 1st Street West
Dickinson, ND 58601

What we will try?



What are we doing?

The project is a collaborative systems-change project that challenges us to rethink how medical care is delivered to individuals with disabilities and beyond.

Key Deliverables:

- 10–15 Adapted Health Education Tools: Visual aids, plain-language consent tools, and accessible health and wellness education.
- 3–5 Environmental & Sensory Supports: Adapted clinic environments including sensory adaptations, positioning supports, visual communication boards and extended appointment times tailored to the specific needs and comfort level of each patient.
- Exploring and testing Medicaid billing codes to provide accommodations and additional appointment time to meet patient needs

What are we hoping to learn?

