



## Tips to help an adult or teenager when completing a Rapid Antigen Test

- **Choose a type of Rapid Antigen Test (RAT)** that avoids sensory triggers (eg. some participants might prefer an oral fluid test to a nasal swab). The different test types are available are on the [TGA website](#).
- **Download and print the relevant [visual schedule](#)** from our website (no printer? show full screen on a computer or tablet).
- **Pick the right time.** Find a moment when you and the adult or teenager are calm, in an environment that limits the sensory triggers.
- **Read them the visual schedule slowly.** Explain that is about staying healthy. Allow the individual time to ask questions or provide more information as you go through the visual schedule if you think they are not understanding.
- **Offer insights on what's next.** Discuss what you will do after the test and prepare this activity. Use a First/Then board, as needed. Whenever possible, allow the adult or teenager to choose what they would like to do following the RAT test.
- **Demonstrate the test** on a preferred object or person, such as a stuffed animal, a figurine, or a family member. Let the individual practice on their own preferred object, with a cotton bud.
- **Check resources online.** Some manufacturers include video demonstrations, watch them in advance and, if helpful, with the adult or teenager who needs to complete the test.
- **Don't rush things.** Look at the visual schedule and the testing kit instructions a number of times before undertaking a test. This will help you as the tester feel more confident and comfortable with carrying out the test.
- **Use supports.** Allow the adult or teenager to hold their favourite self soothing item during the test.
- **Reassure** them that they are going to be okay.
- **Give them choice and control.** If using a nasal swab test, ask the adult or teenager which side of the nose they would like swabbed first.
- **Be supportive.** Praise all attempts and provide reinforcement for all efforts. This could be access to a preferred activity or a special treat.