

Balance Program – Waltham

My Hospital Story



Boston Children's Hospital

November 2023

I'm getting ready for my Balance Program appointment at Boston Children's Hospital at Waltham. The balance program will help me learn more about my hearing and balance.





First, we will walk into the hospital and follow the signs for the Balance Program.



Then we will talk to
someone at the
front desk.

I will get a bracelet
with my name on it.





Next, we will wait until my name is called. I can sit and play quietly while I wait.



When my name is called, a technician will bring me and my caregiver to a new room.





I will meet the audiologist.

The audiologist will talk with me about some tests I need to do.



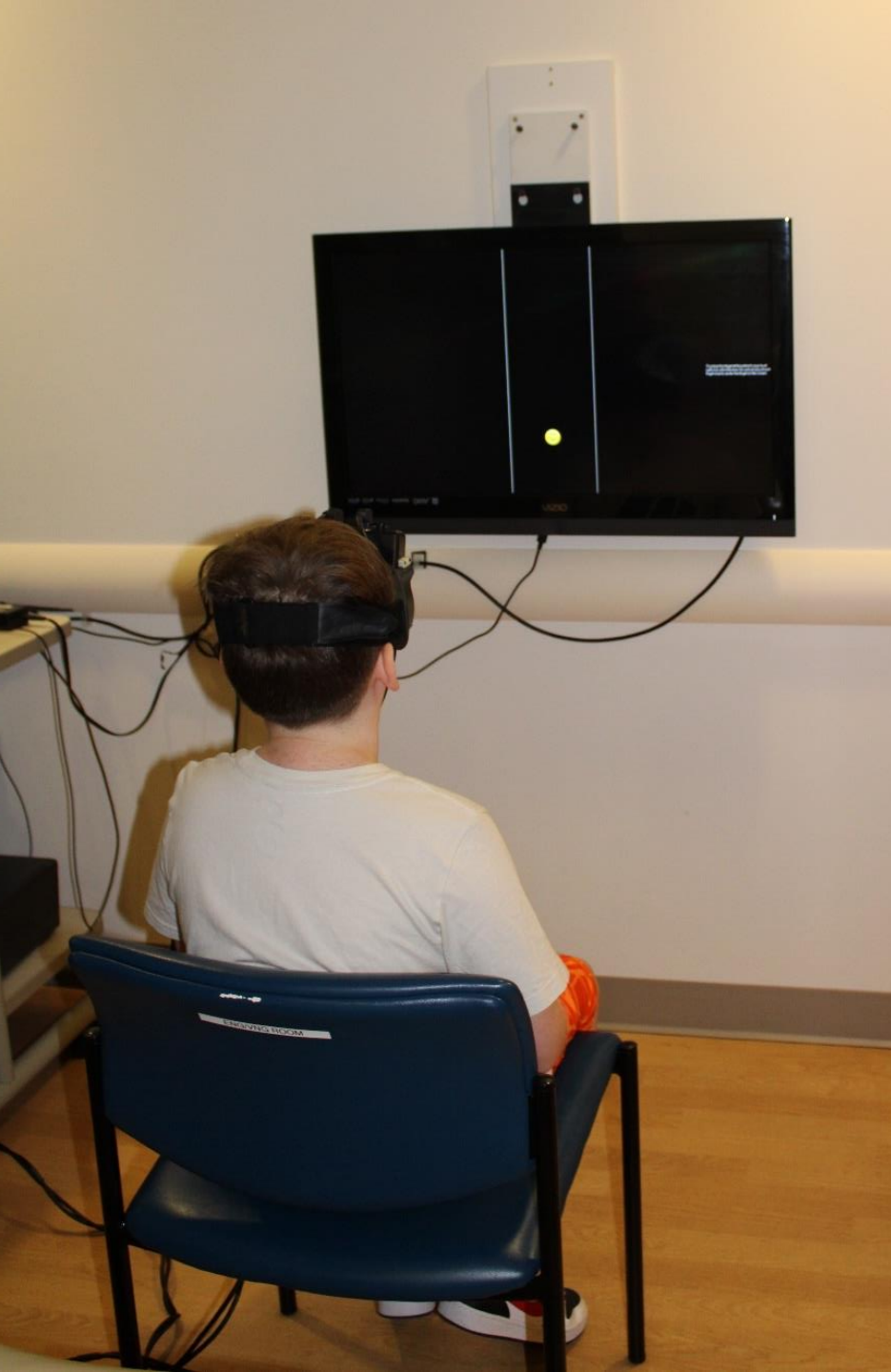
*The audiologist might
ask me to do...*

VNG Position Testing

(Videonystagmography)

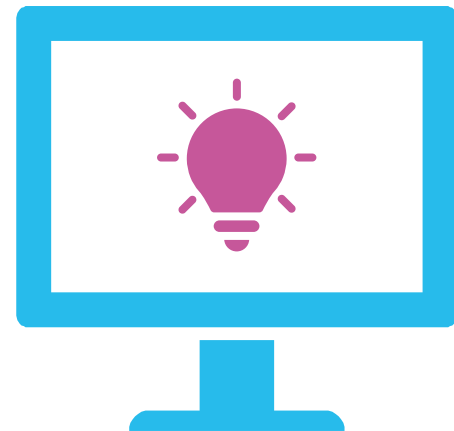
First, I will wear goggles over my eyes. It will be dark when I look in the goggles.



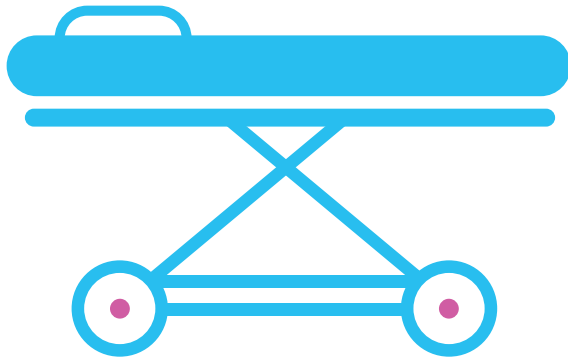


Then, I will sit in a chair facing a screen with moving lights.

The audiologist will ask me to keep my eyes open and look at the lights.



Next, I will lie down on the exam table. The audiologist will help me.





The audiologist will turn my head in different directions. I will remember to keep my eyes open.



The audiologist will ask if I need a break. I can sit up and take a break if I need to.



The audiologist and technician will help me take the goggles off. I'm all done with this test.



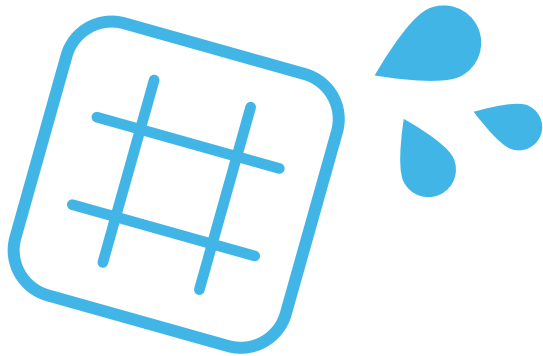
*The audiologist might
ask me to do...*

VEMP Testing

(Vestibular Evoked Myogenic Potential)

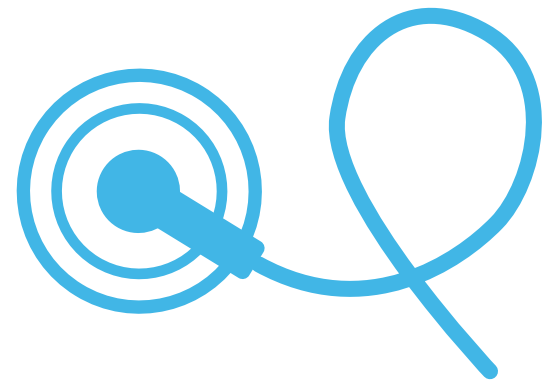
First, the audiologist will clean my forehead and neck with a wipe and gel.

It might feel wet and sandy.





Then, they will place small stickers, called electrodes, on my forehead and neck.



Next, the audiologist will put a small, soft headphone in my ear.

I might hear a loud clicking sound.

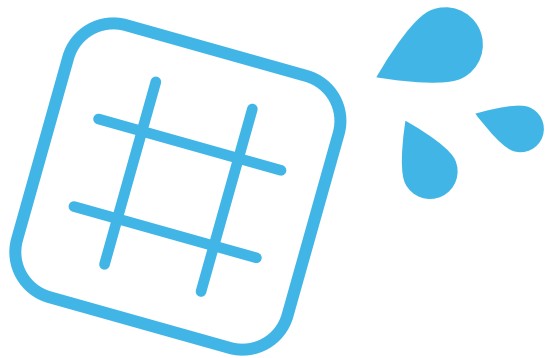




The audiologist will ask me to turn my head to the side if I hear the clicking sound.

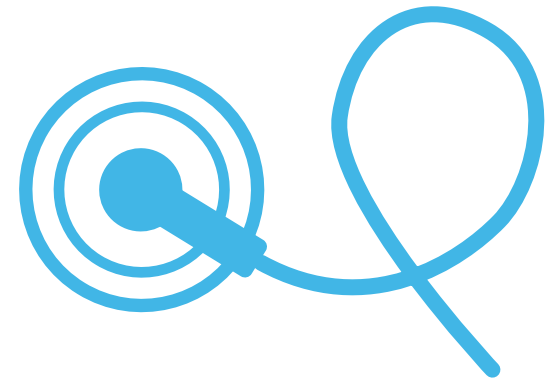


The audiologist will clean more places on my face. It might feel wet and sandy.





The audiologist will put small buttons, called electrodes, on my face.



They will ask me to look up at the ceiling if I hear the loud clicking sound.





Next, they will take the buttons off my face. I'm all done with this test.



*The audiologist might
ask me to do...*

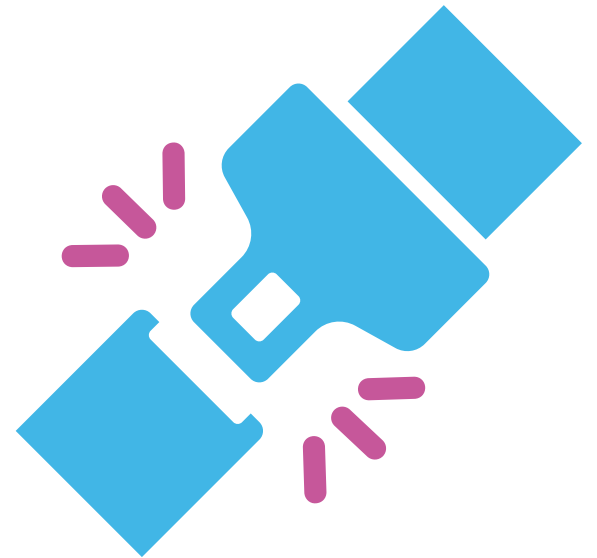
Rotary Chair Testing

First, I will walk to a new room with a special chair. I can sit on a pillow or my caregiver's lap.





Then, I will put on a seat belt to help keep my body safe during the test.



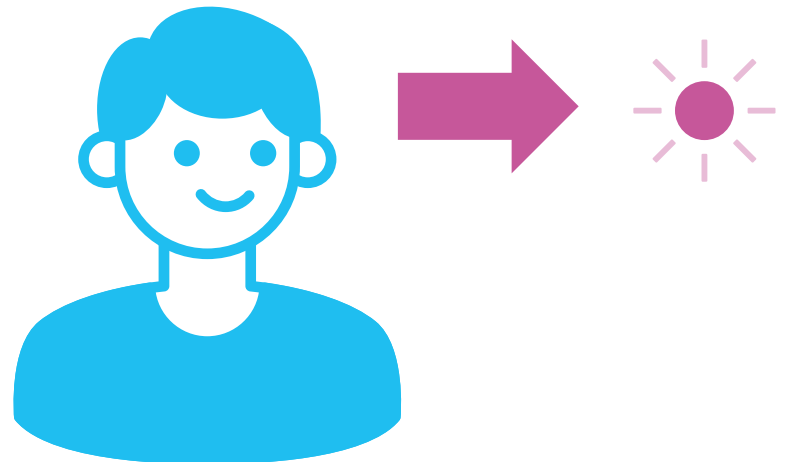
Next, I will put
on special
goggles.

The room will
be dark during
this test.

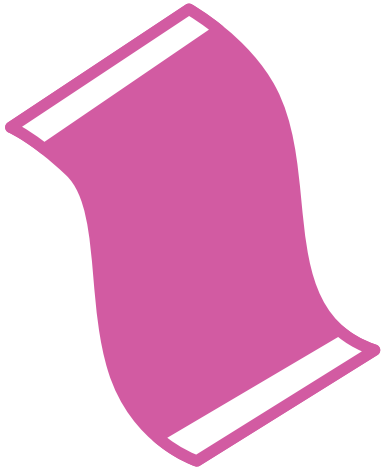




The audiologist will ask me to look at a red dot on the wall. I will use my eyes to follow the dot as it moves around the room.

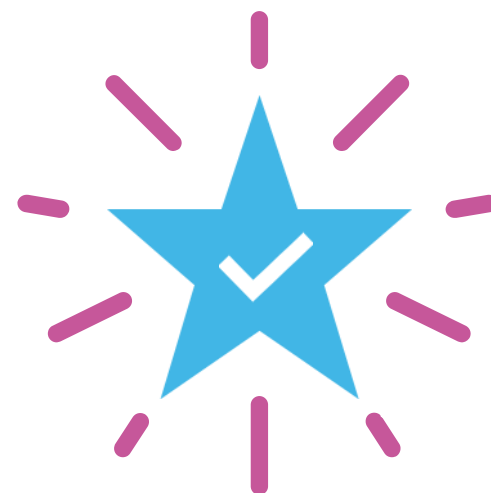


I might feel the chair move from side to side. I can hold a toy or a comforting object and keep my body still as the chair moves.





The audiologist will turn on the lights and take off the goggles and seat belt. I'm all done with this test.



*The audiologist might
ask me to do...*

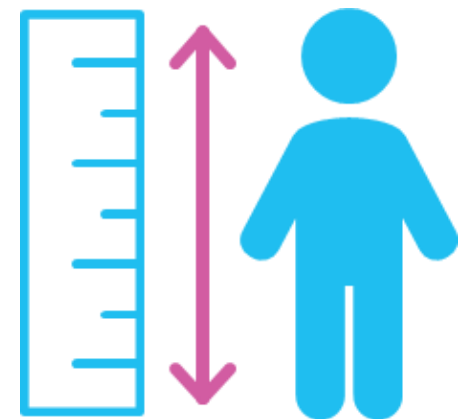
CDP Testing

(Computerized Dynamic Posturography)

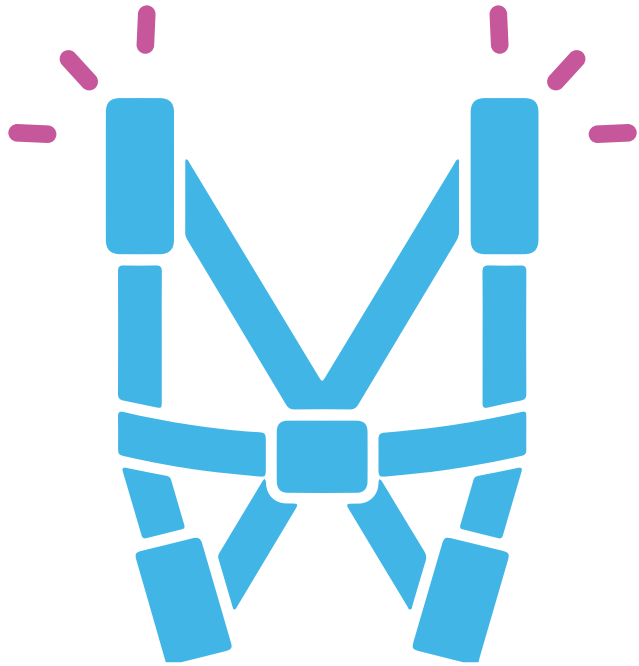


First, I will walk to a new room.

I will stand up straight against the wall to see how tall I am.

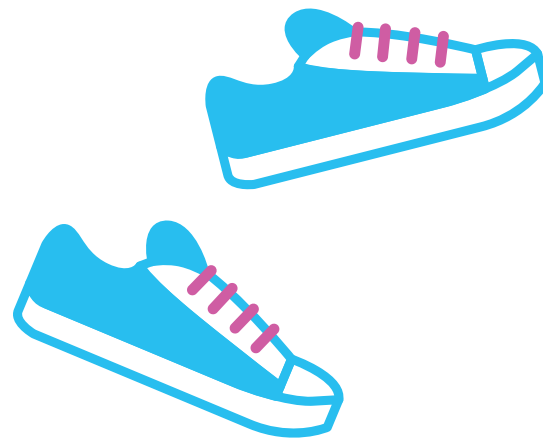


Then the technician will help me put on a special harness.

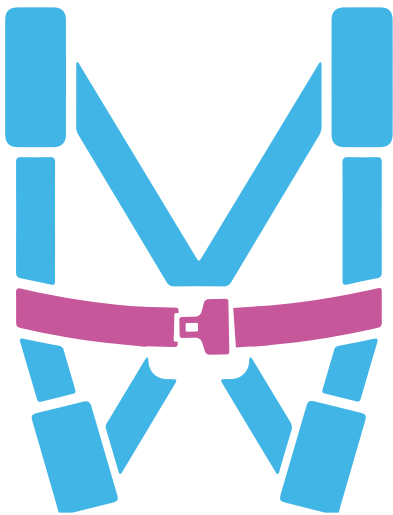




Next, I will take
my shoes off.



I will stand on a balance platform. The audiologist will attach a belt to the harness to keep me safe.





The balance platform will start to move. I will stand on the platform while it moves.



The audiologist and my caregiver will be next to me to keep me safe while the platform moves.



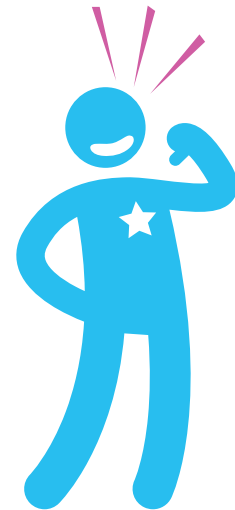
The technician will help me take the harness off. I'm all done with this test.





The audiologist will let me know when I'm all done with my appointment.

Everyone will be so proud of me!



Developed by:

Autism Spectrum Center, Balance Program
& Child Life Services