



My Autism Health Passport

Please read this document as it explains my sensory, emotional, communication and support needs. Small adjustments can make an enormous difference. Reading this will help both me and you, as it will make your job easier. Please be curious about the information on this passport.

Autism is a lifelong neurodevelopmental condition that is protected under the Equality Act 2010. Differences in social communication, sensory experiences, and information processing are important to consider in a healthcare setting to make the process easier for both the patient and the clinician. You may not be able to tell someone is autistic from the outside and the experience of autism varies from person to person. This document will help you to understand my specific needs and differences so that we can work together towards a better outcome for everyone. This short document is designed for autistic people who may find it difficult to express their needs in healthcare settings.

Personal Information

My Name is	
I like to be called	
Date of Birth	
NHS Number (as appropriate)	
Contact number	
If I am attending a medical appointment or admitted to hospital I would like the following person(s) to be contacted	
I would like this person(s) to attend with me (optional)	
My significant medical history and current medication	
Allergies	

Things to know about me

How I communicate	<i>e.g. verbal, write things down, sign with friend /advocate, one-to-one</i>
How best to communicate with me	<i>e.g. verbal, sign, write things down time to process information reduce distractions, avoid metaphor</i>
What I can struggle with	<i>e.g. how autism may affect me in this context filling in forms noise/light/smell organisation concentration change of plans busy appointments having to repeat information waiting phone calls uncertainty being touched</i>
How I experience pain	<i>e.g. I feel pain more/less than other people I struggle to locate where my pain is I do not notice when I am in pain I struggle to think straight when I am in pain I struggle to rate pain on a scale of 1-10</i>
How to tell if I am in pain or distressed	<i>e.g. I will appear calm even if I am in a lot of pain I will be irritable I will/will not cry I will/will not make sounds if something hurts I will/will not grimace in the way you expect I may pass out</i>
How you can help me	<i>Allow my trusted person to stay with me Let me wait in a quiet place Explain what you are going to do before you do it Let me know what to expect Avoid any unnecessary touch Give me clear instructions, preferably written Give me time to make decisions Explain any treatment plans in detail Offer visual aids like diagrams Avoid pain rating scales/offer alternatives Be patient with me Give me time and space to calm down if I am distressed I would like to bring sensory aids</i>
My strengths and interests	<i>e.g. observant, honest, focus, determination, time keeping sensitive, different-thinking, organised, compassionate, reliable, conscientious</i>
Other important information	<i>e.g. After the appointment I would find the following useful” – written summary, key action points, next appt date etc.</i>