

GENERAL INFORMATION FOR WHEN I SEE
A DOCTOR OR GO TO HOSPITAL

MY HOSPITAL PASSPORT



My full name:

My age:

I like to be called:

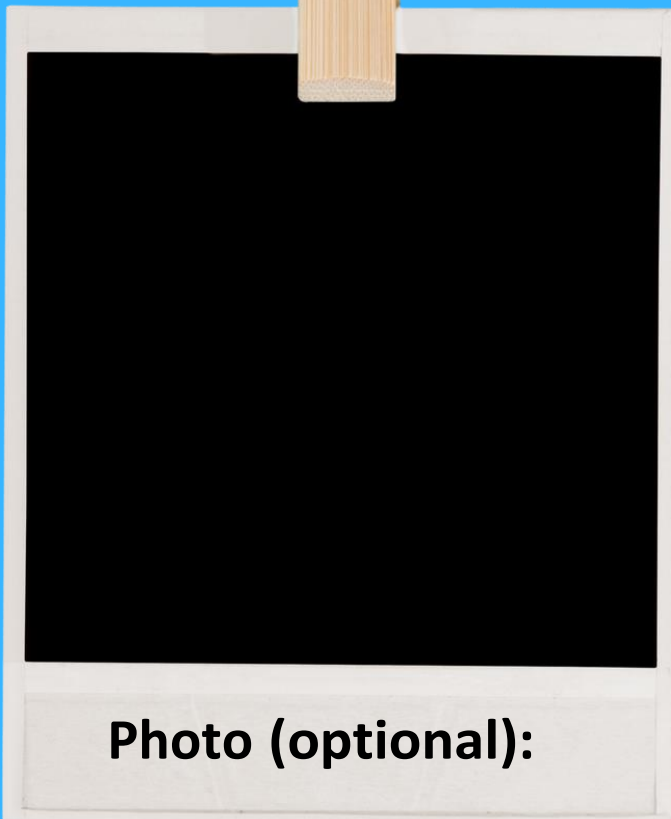


Photo (optional):



Key information



My name:

My pronouns:

My address:

My date of birth:

My emergency contact 1:

Name and contact details:

My emergency contact 2:

Name and contact details:

My NHS number:

Who I live with:

Here are some pictures of my family / my special people (optional):



How I communicate



I may need some support to communicate with you

Do I communicate verbally?

Yes



No



Sometimes



Do I require any aids to help me?

(photos, symbols, PECS, an iPad / tablet, communication book, something different...)



What should you do to help me understand you?

(Talk slowly and clearly, use visual resources, write things down, give me some time to process what you are telling me...)

Do I have a diagnosis? (If I do, this might be helpful for you to know)

(Autism, ADHD, an anxiety disorder, OCD, or something different...)

Medical information



Allergies:

Medical conditions:

Medication
that I take:

Type, dose, how often:

Is any help required when I take medication?

Do I need any support to help me to cope with the following:



Needle procedures:



Blood pressure:



Inserting IV line:



Oxygen:



Anaesthetic:



Imaging (like x-rays):

What kind of things would help me:

About me



Things I like: *These are things that you can do for me or talk to me about to help me feel more relaxed:*

Things that make me anxious: *These are things I worry about or things that trigger my anxieties, and ways you can help:*

My signs of anxiety: *These are things you should notice about me, incase I'm not able to tell you I am worried or anxious. They might not be obvious:*

How I will tell you if I am in pain: *Will I be able to tell you when something hurts, or do you need to notice things about me?*

More about me



Help I need with toileting, washing, dressing:

(These might be small things, but they really help me)

Food and drink

(These might be things I like or dislike, or any help I require with eating and drinking)




Overnight routine

(This is how I usually go to sleep and what I do if I wake up in the night...

Is there something you could do at the hospital to help me have a good night?)

My feelings about going to hospital



	I'm really worried about this 	I'm not sure how I feel about this 	I feel OK about this 
Being in a hospital or doctor's surgery			
Speaking to doctors, nurses and other medical professionals			
Having to speak to people I don't know and tell them about myself			
Being away from my family and my home comforts at times			
Being in the hospital building and coping with a clinical environment			

My feelings about going to hospital




	I'm really worried about this 	I'm not sure how I feel about this 	I feel OK about this 
Having to sleep at the hospital and in a different bed to normal			
Coping with unexpected changes to my routine			
Responding to busy places, loud noises, bright lights or strong smells (If so, which ones?)			
Managing my own personal needs like going to the toilet			
Understanding the information that is given to me while I am at hospital			

My mental health



My mental health is just as important as my physical health.

These are the things I have experienced: Yes ✓ No ✗ I don't know 

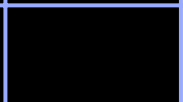
Low mood / depression



Anxiety / feeling worried or scared



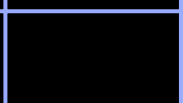
Feeling worthless / bad about myself



Thoughts of hurting myself



Low energy / being tired a lot



Not being interested in things I usually like



Any other information or suggestions to help me during appointments or visits to the hospital / doctor's surgery:

Thank you for reading my hospital passport
and finding out more about me.



The Specialist Autism Support Service supports children and young people living in B&NES, who have a confirmed diagnosis of autism and are between the ages of 0-18, or 0-25 for those with an Education, Health and Care Plan (EHCP).

The Specialist Autism Support Service is based at Fosse Way School in Radstock.

For more information, please contact:

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Radstock
BA3 3AL
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<https://www.fossewayschool.co.uk/specialist-autism-support-service/>