A black background with white text and blue square with white letters

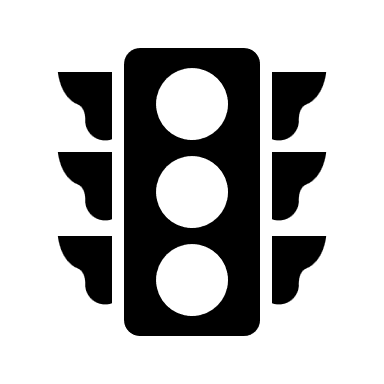
Description automatically generated

You can fill it in yourself or ask an adult to help you. You can ask your GP to add it to your health records.

It has important information about you for when you go to the hospital, doctor, dentist and other health appointments.

When you go to hospital or other appointments, you or your important adults should tell them you have a **Health Passport**. You can print it and give it to them, or you can ask your GP to send it to them on the computer.

**Health Passport for people with SEN and Disabilities**



**There are three parts:**

**THIS IS MY**

**HEALTH PASSPORT.**

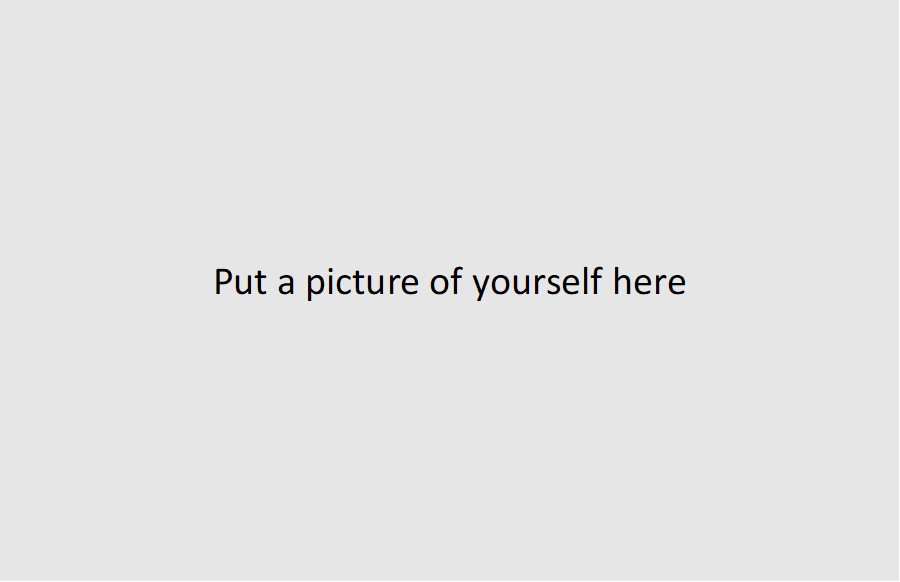
Things you **must**

**know** about me

Things that are

**important** to me

My strengths, likes and dislikes

****

**I am \_\_\_\_\_\_\_\_\_\_\_\_ and this is My Health Passport**

**Please add to my hospital passport and flag my files as someone with Learning Disabilities or Special Needs**

**Date it was filled in:**

**Date it will be reviewed.**

|  |  |
| --- | --- |
| **Things you must know about me** | |
| **A person wearing an orange shirt with a number tag  Description automatically generatedName** (including any other names I like to be called)  **How to pronounce my name eg Esja=like Ayrshire** |  |
| **A person holding a baby  Description automatically generatedDate of birth** |  |
| **A green cross in a white hat  Description automatically generatedNHS number** |  |
| **A blue and pink symbols  Description automatically generatedGender**  **I like to be known as (please circle):**  **He she They** |  |
| **A group of flags in a speech bubble  Description automatically generatedMy languages**  (in appointments and at other times) |  |
| **A group of symbols on a white background  Description automatically generatedMy religion** (if I have one) |  |
| **A house with a letter on it  Description automatically generatedAddress and where I live**:(please circle)  With my family  In shared accommodation  In supported living |  |
| **How I like to be contacted (please circle)**  I like to be contacted by:  phone call text WhatsApp email  **A white and black rectangular sign with a red square  Description automatically generatedA phone call with a green phone and numbers  Description automatically generated** |  |
| **How to contact the important adult who looks after me – person 1**    **A couple of men smiling  Description automatically generated** |  |
| **How to contact the important adult who looks after me – person 2**    **A couple of men holding hands  Description automatically generated** |  |
| **A drawing of a person writing on a piece of paper  Description automatically generatedHow I like to communicate**  (Including how people should tell/ask me things/things to know about how I advocate for myself e.g. saying ‘I’m fine’ does not always mean I’m ok) |  |
| **A person standing with lightning bolts around his body  Description automatically generatedHow to know if I am in pain, upset or uncomfortable**  (signs to look out for and how I communicate that I’m in pain or anxious) |  |
| **How I use the toilet (continence aids, help to get to toilet)** (please circle)  I need help all the time  I need some help – I’ll tell you by..  I don’t need any help |  |
| **A person with a rash on his chest  Description automatically generatedAnything I am allergic to** |  |
| **A food and a red cross  Description automatically generated with medium confidenceMy dietary requirements** |  |
| **A jar of pills with a lid  Description automatically generatedMy medication**  How I take my medication e.g. if I cannot swallow pills, or need them crushed, in liquid on spoon or in a syringe  Any unusual responses to medication doctors need to know |  |
| **A stick figure with a clipboard and a plus sign  Description automatically generatedMy diagnoses**  **NB you can add a link to information about the diagnosis if it is a rare syndrome** |  |
| **My hearing and vision**  Airline Cabin Crew - CareerCompass.my - FREE Career Resources for Students |  |
| **A hand holding a syringe in a person's arm  Description automatically generatedWhat I need during medical procedures/how to support me**  (E.g. giving me injections, measuring my blood pressure) |  |
| **Professional adults who help me**  (Name/job/where they work/best way to contact them)  A finger pointing at a person  Description automatically generated |  |

|  |  |
| --- | --- |
| **Things that are important to me** | |
| **What you can do to make things easier for me**  A couple of people standing next to a paper  Description automatically generatedFor example: my sensory preferences, use simple instructions, tell me before you touch me, a quiet room, low lighting, if I need 2 people, how long I can be alone and be ok |  |
| **Things I need extra help with**  A stick figures sitting at a desk writing on a piece of paper  Description automatically generatedA stick figures sitting at a desk writing on a piece of paper  Description automatically generatedFor example: walking, using the toilet, eating, bathing, getting dressed, going to sleep |  |
| **Important things to know about my religion or culture**  For example: prayer rooms, events |  |

|  |  |
| --- | --- |
| **My strengths/likes and dislikes** | |
| **Likes/Strengths:** for example – what makes me happy, things I like to do, food I like to eat, what people like about me, what I am good at  **Dislikes:** for example – loud noises, foods I don’t like, physical touch, words | |
| **Things I like/strengths** | **Things I don’t like** |
| A cartoon of a smiling face  Description automatically generated | A face with a sad expression  Description automatically generated |