



# Neurodiversity Passport

Name: I prefer to be called:		Pronouns: Date of Birth:	
Address:		Email: Telephone Number:	
My Conditions / Diagnosis / Neurodiversity	<input type="checkbox"/> Autism <input type="checkbox"/> ADHD <input type="checkbox"/> Dyslexia <input type="checkbox"/> Dyscalculia <input type="checkbox"/> Dysgraphia <input type="checkbox"/> Dyspraxia	Year diagnosed:	<input type="checkbox"/> Identity first (i.e. an autistic person) <input type="checkbox"/> Person first (i.e. a person with autism) <input type="checkbox"/> Combination/ I don't mind <input type="checkbox"/> Other (please specify):
<b>Are there any interests or hobbies you would like to share?</b>			
I am happy to be contacted in the following ways:	<input type="checkbox"/> Text <input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Letter (appointment information) <input type="checkbox"/> Other:	I prefer to receive information in the following ways: (Multiple preferences can be made):	<input type="checkbox"/> Text <input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Letter <input type="checkbox"/> Face to Face <input type="checkbox"/> Easy Read <input type="checkbox"/> British Sign Language <input type="checkbox"/> Braille <input type="checkbox"/> Other:
I find these ways of communicating easier:	<input type="checkbox"/> By Telephone <input type="checkbox"/> In Person (Face to Face) <input type="checkbox"/> Via Computer (ie Zoom) <input type="checkbox"/> Writing or Text <input type="checkbox"/> Gestures <input type="checkbox"/> No Preference	I find these ways of communicating difficult:	<input type="checkbox"/> By Telephone <input type="checkbox"/> In Person (Face to Face) <input type="checkbox"/> Via Computer (ie Zoom) <input type="checkbox"/> Talking <input type="checkbox"/> No Preference
I consent to information being shared with the following people:			
Communication needs I would like to share:	<p>Here are some examples of what you may wish to include here: I can be very literal / I need time to process and respond / I prefer direct questions or open ended questions.</p>		
The following can cause anxiety and make an appointment more difficult:	<input type="checkbox"/> Unfamiliar Places <input type="checkbox"/> New People <input type="checkbox"/> Travelling to the appointment <input type="checkbox"/> Unexpected Events	<input type="checkbox"/> Waiting <input type="checkbox"/> Unexpected Changes <input type="checkbox"/> Crowds <input type="checkbox"/> Busy Places	

<input type="checkbox"/> Lighting <input type="checkbox"/> Busy patterns or clutter <input type="checkbox"/> Background noises <input type="checkbox"/> Unexpected noises <input type="checkbox"/> Certain smells or aromas <input type="checkbox"/> Certain Textures	<input type="checkbox"/> I would appreciate being warned if you need to touch me  Other:
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**What do I need to know before we have an appointment / How to prepare me for an appointment**  
 (Multiple options can be chosen)

<input type="checkbox"/> Details of venue <input type="checkbox"/> Details of Car Parking Arrangements <input type="checkbox"/> Who I am meeting (and their roles) <input type="checkbox"/> Appointment duration <input type="checkbox"/> A appointment agenda	<input type="checkbox"/> Any information we are discussing sent out in advance <input type="checkbox"/> Details of information needed from me / questions you will be asking (i.e. medications) <input type="checkbox"/> Appointment Reminder (Including reminder of what I have been asked to bring) <input type="checkbox"/> Other:
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[Please note details of some appointment venues can be found on www.accessable.co.uk](http://www.accessable.co.uk)

**For face-to-face appointments I will find the following useful:**

<input type="checkbox"/> A quiet space to wait (or wait outside and be called in) <input type="checkbox"/> An agenda <input type="checkbox"/> Supporting written material <input type="checkbox"/> Supporting Diagrams / Visual Material <input type="checkbox"/> Additional time to respond to your questions	<input type="checkbox"/> I may find the following difficult in any waiting room / appointment room: bright lighting, dim lighting, background noise, too many people, certain smells, some textures, being touched. <input type="checkbox"/> I may use any of the following to reduce sensory distractions: dark glasses, peaked cap or hat, noise canceling headphones, fidget toys. <input type="checkbox"/> Other:
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**How to present information to me to support my understanding**

<input type="checkbox"/> Written Text <input type="checkbox"/> Bullet Points <input type="checkbox"/> Diagrams <input type="checkbox"/> Dyslexia friendly font	<input type="checkbox"/> Information on coloured paper <input type="checkbox"/> Mind Mapping <input type="checkbox"/> Supporting Evidence <input type="checkbox"/> Information on paper	<input type="checkbox"/> Information on phone <input type="checkbox"/> Easy Read Information <input type="checkbox"/> Other:
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**After an appointment I would find the following useful:**

<input type="checkbox"/> 'Take away' information of anything we have discussed <input type="checkbox"/> Summary / bullet points of main items discussed <input type="checkbox"/> List of key tasks or actions	<input type="checkbox"/> Recap of previous appointment (if this is a series of appointments) <input type="checkbox"/> Details of next Appointment <input type="checkbox"/> Information about next Appointment <input type="checkbox"/> Other:
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<b>Signs I am feeling overwhelmed:</b>	<b>What to do when I am feeling overwhelmed:</b>