

Neuro-Inclusion Passport

This passport is available for anyone who is autistic/ADHD/dyslexic (or have other forms of neurodivergence) and is designed to improve your appointment experience when using our services. This passport is available to you if you are formally diagnosed, on a waiting list or self-identifying as neurodivergent.

Name:		NHS Number:	
Preferred Name:		Date of Birth:	
Pronouns:		Date Completed:	
My Neurodivergence (tick all that apply)	<input type="checkbox"/> Autism <input type="checkbox"/> ADHD <input type="checkbox"/> Dyslexia <input type="checkbox"/> other -	I prefer my identity described as: Identity first - <i>an autistic person</i> . Person first- <i>a person with autism</i> .	<input type="checkbox"/> identity first <input type="checkbox"/> person first <input type="checkbox"/> don't mind <input type="checkbox"/> other -
My Hobbies and Interests:			
My preferred ways of contact or communication (tick all that apply)	<input type="checkbox"/> phone call <input type="checkbox"/> texting <input type="checkbox"/> e-mail <input type="checkbox"/> in person <input type="checkbox"/> written <input type="checkbox"/> virtual/online <input type="checkbox"/> AAC <input type="checkbox"/> don't mind <input type="checkbox"/> other -	I find these ways of contact or communication difficult (tick all that apply)	<input type="checkbox"/> phone call <input type="checkbox"/> texting <input type="checkbox"/> e-mail <input type="checkbox"/> in person <input type="checkbox"/> written <input type="checkbox"/> virtual/online <input type="checkbox"/> don't mind <input type="checkbox"/> other -
Do you have any other communication requirements we should be aware of?			
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/ find eye contact difficult/I may be very direct			
The following can cause anxiety or make an appointment more difficult (tick all that apply):			
<input type="checkbox"/> unfamiliar places <input type="checkbox"/> new people <input type="checkbox"/> travel to appointment <input type="checkbox"/> unexpected changes <input type="checkbox"/> busy waiting rooms	<input type="checkbox"/> too many people <input type="checkbox"/> starting/finishing late <input type="checkbox"/> bright lighting <input type="checkbox"/> busy patterns/clutter <input type="checkbox"/> background noises	<input type="checkbox"/> smells/aromas <input type="checkbox"/> certain textures <input type="checkbox"/> unexpected touch <input type="checkbox"/> describing emotions	<input type="checkbox"/> other -

The following help me feel prepared for an appointment (tick all that apply):

<input type="checkbox"/> venue details <input type="checkbox"/> car parking arrangements <input type="checkbox"/> public transport information <input type="checkbox"/> who I am meeting (and their roles) <input type="checkbox"/> appointment duration <input type="checkbox"/> what will happen during the appointment <input type="checkbox"/> clear agenda <input type="checkbox"/> information/forms to be sent in advance	<input type="checkbox"/> details of information required from me (i.e. medical history) <input type="checkbox"/> appointment reminder (including what I need to bring) <input type="checkbox"/> other -
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Helpful adjustments for appointments (tick all that apply)

a quiet area to wait
 start or end of day appointment
 clear agenda followed
 supporting written material
 supporting diagrams/pictures
 consider/discuss appointment length
 time to respond to questions
 environmental adjustments
 lights off
 quiet room
 not too many people in room
 short break during meeting
 recapping previous appointment

Extra considerations for virtual/online appointments (tick all that apply)

I prefer my camera off
 I prefer your camera off
 staying on mute unless speaking
 using the hand function for turn taking
 texting in chat box (rather than speaking)
 I prefer you to have a neutral/plain background

Any other considerations for appointments (please specify):

If you have any sensory requirements, we recommend bringing any of the following to your appointment (tick any that apply)

<input type="checkbox"/> dark glasses <input type="checkbox"/> headphones (noise cancelling/music) <input type="checkbox"/> fidget device <input type="checkbox"/> something soothing to hold	<input type="checkbox"/> masking scent <input type="checkbox"/> other -
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After the appointment I would find the following useful (tick all that apply):

<input type="checkbox"/> summary of main items discussed <input type="checkbox"/> list of key tasks or actions <input type="checkbox"/> information on the next appointment	<input type="checkbox"/> other -
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Signs I am becoming overwhelmed (please describe):

What to do when I am feeling overwhelmed (please describe):