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. **For check boxes, tick all that apply.**

Name		**NHS number**	
I prefer to be called	Enter preference	**Date of birth**	Enter date of birth
Pronouns	Preferred pronouns	**Date completed**	Select date
My neurodivergence	☐ Autism ☐ ADHD ☐ Dyslexia ☐ Other If other neurodivergence, enter here	**I prefer my identity described as**	☐ Don't mind ☐ Identity first (an autistic person) ☐ Person first (a person with autism) ☐ Other If other identity, enter here

My hobbies and interests
Enter any hobbies or interests here

I like these ways of contact or communication	☐ Don't mind ☐ Phone ☐ Texting ☐ Email ☐ In person ☐ Written ☐ Virtual or online ☐ Other If other like, enter here	**I don't like these ways of communicating or contact**	☐ Don't mind ☐ Phone ☐ Texting ☐ Email ☐ In person ☐ Written ☐ Virtual or online ☐ Other If other dislike, enter here

Other things about communicating with me you need to know
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; I find eye contact difficult; I may be very direct
Enter any other information about communication here

The following can cause anxiety or make an appointment more difficult		
☐ Unfamiliar places ☐ New people ☐ Travel there ☐ Unexpected changes ☐ Busy waiting rooms ☐ Too many people	☐ Starting / finishing late ☐ Finding the room ☐ Bright lighting ☐ Busy patterns or clutter ☐ Background noises ☐ Smells or aromas	☐ Certain textures ☐ Unexpected touch ☐ Describing emotions ☐ Describing pain ☐ Other If other, enter here

The following help me feel prepared for an appointment

- ☐ Venue details
- ☐ Photos of venue and meeting room
- ☐ The same room for all appointments
- ☐ Car parking arrangements
- ☐ Public transport information
- ☐ Who I am meeting and their roles
- ☐ Appointment length
- ☐ What will happen during the appointment
- ☐ Clear plan for the meeting
- ☐ Information or forms sent in advance
- ☐ Details of information you need from me (like medical history)
- ☐ Appointment reminder (including what I need to bring)
- ☐ Other

If other, enter here

These things help me for appointments

- ☐ A quiet area to wait
- ☐ Start or end of day appointment
- ☐ Be taken to the meeting room
- ☐ A clear plan for meeting followed
- ☐ Supporting written material
- ☐ Supporting diagrams or pictures
- ☐ A shorter appointment
- ☐ Time to respond to questions
- ☐ Environmental adjustments
- ☐ Lights off
- ☐ A quiet room
- ☐ Open window
- ☐ Not too many people in room
- ☐ A short break during meeting
- ☐ Reviewing the previous appointment

These things help me for virtual / online appointments

- ☐ 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 or plain background

Any other considerations for appointments

Please specify any other considerations

If you have sensory needs, you can bring these to your appointments

- ☐ Dark glasses
- ☐ Headphones (noise cancelling / music)
- ☐ Fidget device
- ☐ Something soothing to hold
- ☐ Masking scent
- ☐ Other

If other, enter here

After the appointment I would find the following useful

- ☐ Summary of what was talked about
- ☐ List of main tasks or actions
- ☐ Plan for next appointment
- ☐ Time and date of next appointment
- ☐ Other

If other, enter here

Signs I am becoming overwhelmed

Please describe signs

What to do when I am feeling overwhelmed

Please describe signs