

# My Health Passport

## For autistic people



Healthcare staff, please consult this passport before you assess me or carry out any interventions.

Hospital staff, please keep this passport with my notes at the end of my bed and return to me when I am discharged.

Please look at the guidance notes before filling out your health passport the notes are at [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport)

### Personal information

Name:

I like to be called:

Date of birth:

NHS number:

### If I am admitted to hospital, I would like the following person to be contacted:

Name:

Relationship:

Phone number:

### Other people I would like you to contact in connection with my treatment and care:

Name:  Relationship:  Phone:

Name:  Relationship:  Phone:

I have an Advance Directive: Yes  No

### A really important thing to know about me is:

The guidance notes have examples of what to put here, please see [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport) for the guidance notes. It may help if you fill this out after completing the rest of the form.

## IMPORTANT



### My medication and my medical history:

**Please don't make any changes to my medication without first talking to:**

Name:

Role:

Phone number:

### How I would like you to communicate with me:



For example, do you need things written down?

For other examples of what to put here, see the guidance notes at [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport)

### How I communicate:



For example, do you use Makaton?

For other examples of what to put here, see the guidance notes at [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport)

**Please do not assume there is nothing wrong with me if I don't express pain the in the same way.**

**How I experience pain:**



For example, do you rub the part of your body that hurts?

For other examples of what to put here, see the guidance notes at [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport)

**How I communicate pain:**



For example, do you groan when something is hurting you?

For other examples of what to put here, see the guidance notes at [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport)

**Things I struggle with that cause me distress:**



For example, are you scared of needles?

For other examples of what to put here, see the guidance notes at [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport)

**Ways to help me avoid distress:**



For example, does being told you're getting an injection and you can look away help?

For other examples of what to put here, see the guidance notes at [www.autism.org.uk/health-passport](http://www.autism.org.uk/health-passport)

## Other things you should know about me:

Sensory needs:

Special interests you should know about:

Things that make me happy:

Other things you should know about me:

(please refer to page 6 of the guidance notes for examples)

**If you are using NICE Clinical Frailty Scale (CFS) or NEWS 2 Score to assess me, please note that a diagnosis of learning disability or autism alone is NOT a reason to place a DNAR/CPR.**

**I am autistic. Please do not assume that I do not have mental capacity.**

**The Human Rights Act means that staff in the NHS must respect and protect my human rights when making decisions about my care.**

**All decisions must be made in line with the Mental Capacity Act.**

**The Mental Capacity Act has five key principles:**

- 1.** Every adult has the right to make his or her own decisions and must be assumed to have capacity to do so unless it is proved otherwise.
- 2.** People must be supported as much as possible to make a decision before anyone concludes that they cannot make their own decision. If a lack of capacity is established it is still important to involve the person as far as possible in making decisions.
- 3.** People have the right to make what others regard as an unwise or eccentric decision. Everyone has their own values, beliefs and preferences which may be different to other people. They should not be treated as lacking capacity for that reason.
- 4.** Anything done for, or on behalf of, a person who lacks capacity must be done in their best interests.
- 5.** Anything done for, or on behalf of, people without capacity should be the least restrictive of their basic rights and freedoms.

Information on the Mental Capacity Act is available from [www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)

# About autism

Autism is a lifelong disability which affects how people communicate and interact with the world. There are more than 700,000 autistic adults and children in the UK.

Autistic people see, hear and feel the world differently to other people. If you are autistic, you are autistic for life; autism is not an illness or disease and cannot be 'cured'. Often people feel being autistic is a fundamental aspect of their identity.

Autism is a spectrum condition. All autistic people share certain difficulties, but being autistic will affect them in different ways. Some autistic people also have learning disabilities, mental health issues or other conditions, meaning people need different levels of support. All people on the autism spectrum learn and develop. With the right support, all can be helped to live a more fulfilling life of their own choosing.



The National Autistic Society  
393 City Road  
London EC1V 1NG

Switchboard: **020 7833 2299**

Email: [nas@nas.org.uk](mailto:nas@nas.org.uk)

Website: [www.autism.org.uk](http://www.autism.org.uk)