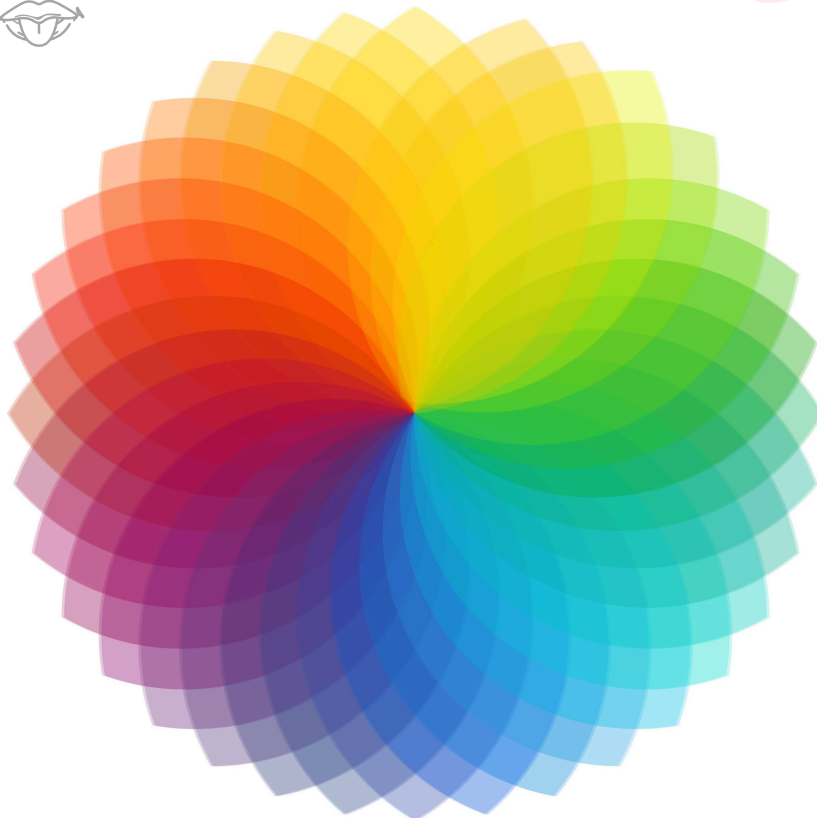
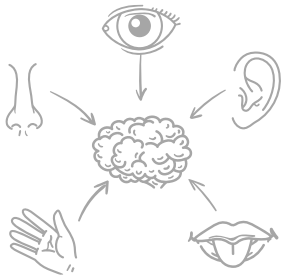




Autism

Passport



Contact details

Name	
Preferred pronouns	
Address	
Phone number	
Email	
Preferred method of contact	
NHS number	
Allergies	

Emergency contact

Name	
Relationship	
Phone number	

Sensory reactions

	Under-sensitive	Average	Over-sensitive	Extra information
Light				
Noise				
Touch				
Smell				
Taste				
Pain				
Other				

Abilities impacted by my autism

Balance	
Speed of responding	
Social conversation	
Co-ordination	
Short term memory	
Time management	
Concentration	
Multi-tasking	
Following complicated instructions	
Filling in forms	
Sense of direction	
Sleep	

Things that impact my ability to communicate

Tapping on a keyboard	
Being touched	
Close eye contact	
Sudden noise e.g. fire alarms	
Being given too much information	
Flickering, bright or strip lighting	
Background noise and frequencies	
Being unclear about what I am being asked	

Characteristics of my autism

	Additional information
Busy/noisy places are stressful	
Being with others is tiring	
Bright or flickering lights upset me	
Being touched upsets me	
I have difficulty communicating my feelings and needs	
I struggle to read body language	
I struggle to understand social nuances, metaphors or figures of speech	
I am anxious with strangers	

I feel lonely and socially isolated	
I can get distracted easily	
I need time to plan what I am doing	
Changes of plans make me anxious	
I cannot easily switch between tasks	
I find it difficult to work under time constraints	
I get confused by too much information	
I will give inaccurate information in order to stop people asking me questions	
I have difficulty seeing another persons perspective and I am likely to interpret from my own point of view	

When I get distressed I may have reactions which affect my ability to do certain tasks

I may...	Additional information
Get very agitated, loud and upset	
Become passive, possibly non verbal and may appear to go to sleep	
Become unable to speak coherently	
Attempt to remove myself from the situation	
Find it difficult to think clearly	
Get verbally or physically aggressive without meaning to	
Need help to keep myself safe	

Ways in which you can support me if I appear anxious or stressed

	Additional information
Provide a quiet safe place for me to calm down	
Communicate clearly with me	
Contact my emergency contact	
Ask me what I need	

Medical information

Current Medication

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

Name	
Contact Number	

Please do not assume there is nothing wrong with me if I don't express pain in an obvious way

How I experience pain	
How I communicate pain	
Medical interventions I struggle with	

Ways you can help me to avoid becoming stressed or anxious

Appointment Information

Date	Reason for appointment	Things I need you to know for this visit

Any other information including professionals supporting me

Useful Contacts

Organisation	Phone Number	Website	Email
Adult Help Desk Gloucestershire County Council	01452 426868	www.gloucestershire.gov.uk/health-and-social-care	customerservices@gloucestershire.gov.uk
P3/CCP Community Based Support	0300 365 8999	www.ccp.org.uk	Use the online form via the website
Forwards Employment	01452 425776	www.forwardsgloucestershire.co.uk	forwards@gloucestershire.gov.uk
Healthy Lifestyles Gloucestershire	0800 7555533	www.hlsglos.org	glicb.hlsglos@nhs.net
Life on the Spectrum		www.healthtalk.org	Online form via the website
National Autistic Society	0808 800 4104	www.autism.org.uk	
Gloucestershire Self Harm Helpline	0808 8010606 Text - 07537410022	www.gloucestershireselfharm.org	Live Webchat on the website
PDA (Pathological Demand Avoidance) Society		www.pdasociety.org.uk	info@pdasociety.org.uk
Carers Hub	0300 111 9000	www.gloucestershirecarershub.co.uk	carers@peopleplus.co.uk
Qwell		www.qwell.io	
Samaritans	116123	www.samaritans.org	jo@samaritans.org
Suicide Crisis	07975 974455	www.suicidecrisis.co.uk	contact@suicidecrisis.co.uk
Your Circle		www.yourcircle.org.uk	yourcircle@gloucestershire.gov.uk