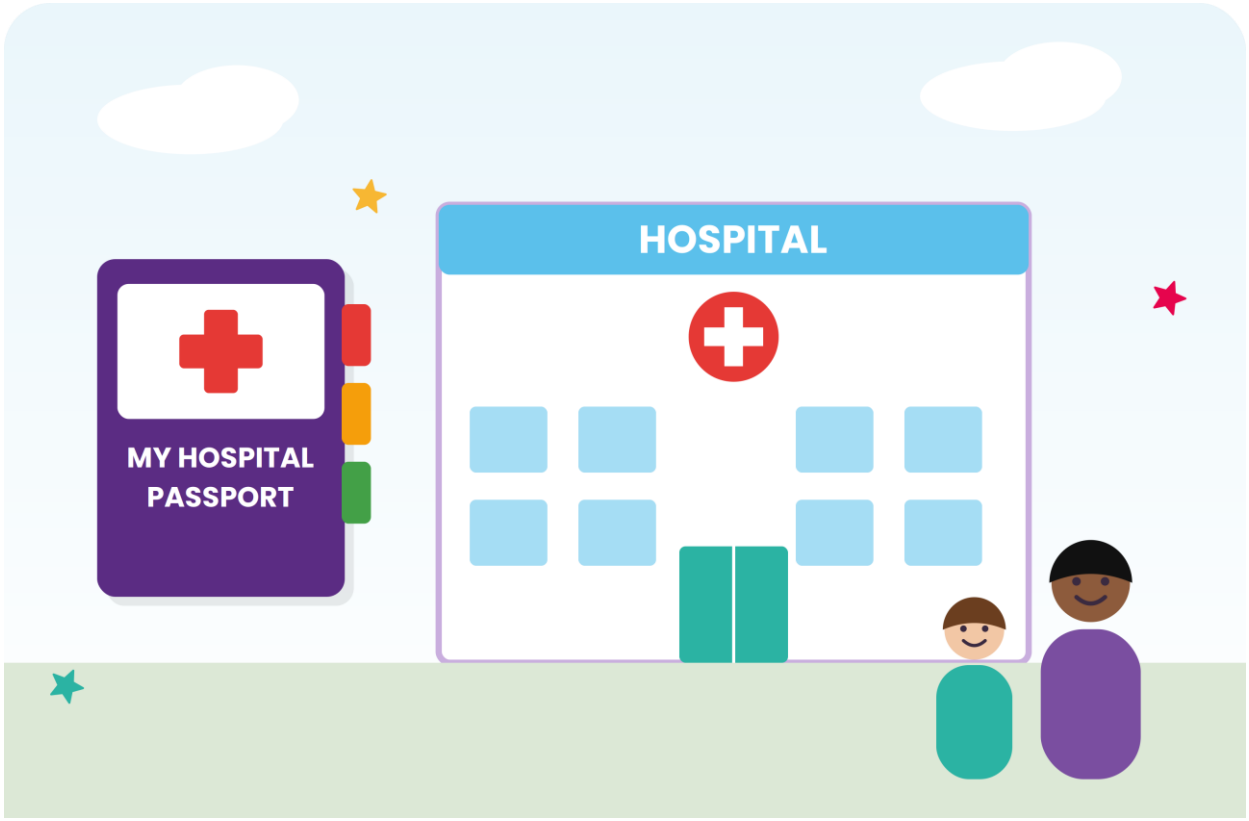
My Hospital Passport

Important information to help hospital and health staff understand and care for me

For autistic and neurodivergent children, young people and adults. Please read this before you examine, treat or move me — and keep it with my notes.



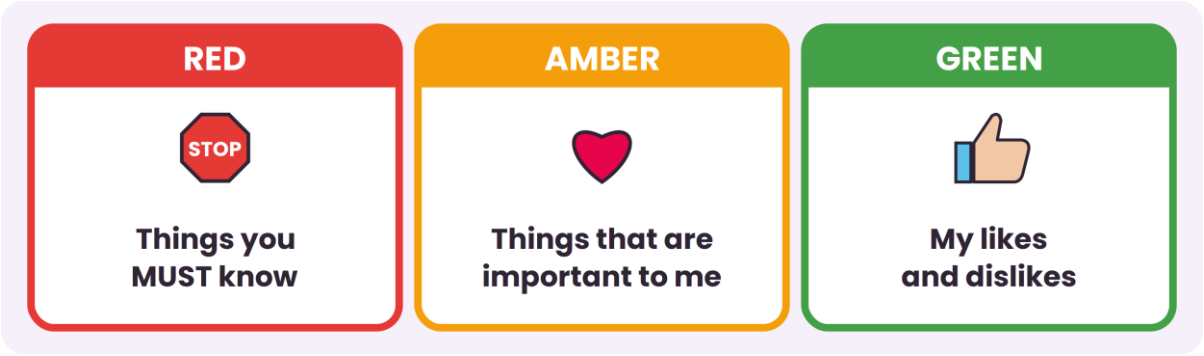
My name:

Things you MUST know	Things that are important to me	My likes and dislikes

How to use this passport

For the person, their family and carers

A **hospital passport** tells doctors, nurses and other staff the important things about a person — how they communicate, what upsets them, what helps, and any health risks. It helps staff make **reasonable adjustments** so that care is safe, calm and respectful. It is not a medical record, and it belongs to the person.



The passport uses **traffic-light colours** that many NHS hospitals recognise. The **red** pages are what staff must know straight away. The **amber** pages explain how to support the person. The **green** pages help staff get to know them.

Filling it in

- Fill it in **with** the person, in their words where possible
- Write "I" and "me" — it is their passport
- Leave out anything that does not apply
- Add a photo on the next page

Using it

- Take it to every appointment, A&E visit and hospital stay
- Ask staff to read it and keep a copy with the notes
- Keep a copy in a bag, the car or on a phone
- Show it to paramedics and GP staff too

Keep it up to date

Check the passport at least **once a year**, and whenever medication, needs or contacts change. Write the date on the review page at the back. An out-of-date passport can be unsafe.

About me

RED • Things you MUST know

Stick a photo of me here

My full name	
I like to be called	
My pronouns	
Date of birth	
NHS number	

My address	
My phone / email	
Languages I use *Including BSL, Makaton or another language*	
My main contact *Name, relationship, phone number*	
Who knows me best *Name and phone, if different from above*	
My GP *Name, surgery and phone number*	
Other people who support me *e.g. social worker, key worker, school, college, day centre, support staff*	

Making decisions *Can I make my own decisions about my care? Who helps me? (e.g. parent for a child under 16, Lasting Power of Attorney, deputy, advocate)*	

My health

RED • Things you MUST know

I am	☐ Autistic ☐ ADHD ☐ Learning disability ☐ Dyslexia / dyspraxia ☐ Other: ……

Allergies *Medicines, foods, latex, plasters — and what happens*	
Other health conditions *e.g. epilepsy, asthma, diabetes, heart, mental health*	

My medicines

Medicine	Dose	When I take it	How I take it best (e.g. liquid, in yoghurt)

Seizures *What they look like and what to do*	
Eating, drinking and swallowing risks *e.g. choking risk, special diet, thickened drinks, PEG*	
Things that may put me at risk *e.g. I may pull out cannulas, run off, not notice pain, not tell you I feel ill*	

If I become very distressed *What it looks like and what to do to keep me safe*	

How I communicate

AMBER • Things that are important to me

I communicate by	☐ Talking ☐ Signing / Makaton ☐ Symbols or pictures ☐ AAC device / app ☐ Writing or typing ☐ Gestures and pointing ☐ Behaviour and sounds

How to talk to me *e.g. use my name first, short sentences, give me time, write it down, no jokes or sarcasm*	
How I say yes and no	
How I show I am in pain *Some people do not show pain in the usual way. Describe what to look for.*	
How I show I am worried or overloaded	
What helps me calm down	

Point to the face or number that shows how much it hurts. Staff: this is a simple example scale — use whichever pain tool works best for the person.

How to care for me

AMBER • Things that are important to me

Being touched and examined *e.g. tell me before you touch me, show me the equipment first, same-gender staff*	
Tests, needles and scans *What helps with blood tests, injections, X-rays or scans (e.g. numbing cream, distraction, sedation discussed)*	
Eating and drinking *Help needed, foods I will eat, cutlery or cups I use*	
Taking medicine *Can administer independently, needs support, needs reminding to take*	
Using the toilet *Help needed, pads, words or signs I use*	
Washing and dressing *Help needed, Can carry out independently*	
Sleeping *Routines, comforters, lights on or off*	
Moving around *Walking, wheelchair, hoist, falls risk*	
Seeing and hearing *Glasses, hearing aids*	

Things I find hard (sensory)	☐ Noise ☐ Bright lights ☐ Being touched ☐ Smells ☐ Crowds ☐ Waiting ☐ Change of plan ☐ Hospital gowns

My likes and dislikes

GREEN • Help me feel comfortable

These things help staff get to know me, keep me calm and build trust.

I like…	I don't like…

My favourite things to talk about	
Things I like to do to pass the time *e.g. iPad, music, films, books, fidget toys*	
Things I bring with me *e.g. headphones, comfort item, snacks, charger*	
Please don't…	
Anything else you should know	

Reasonable adjustments I need

Tick all that help me

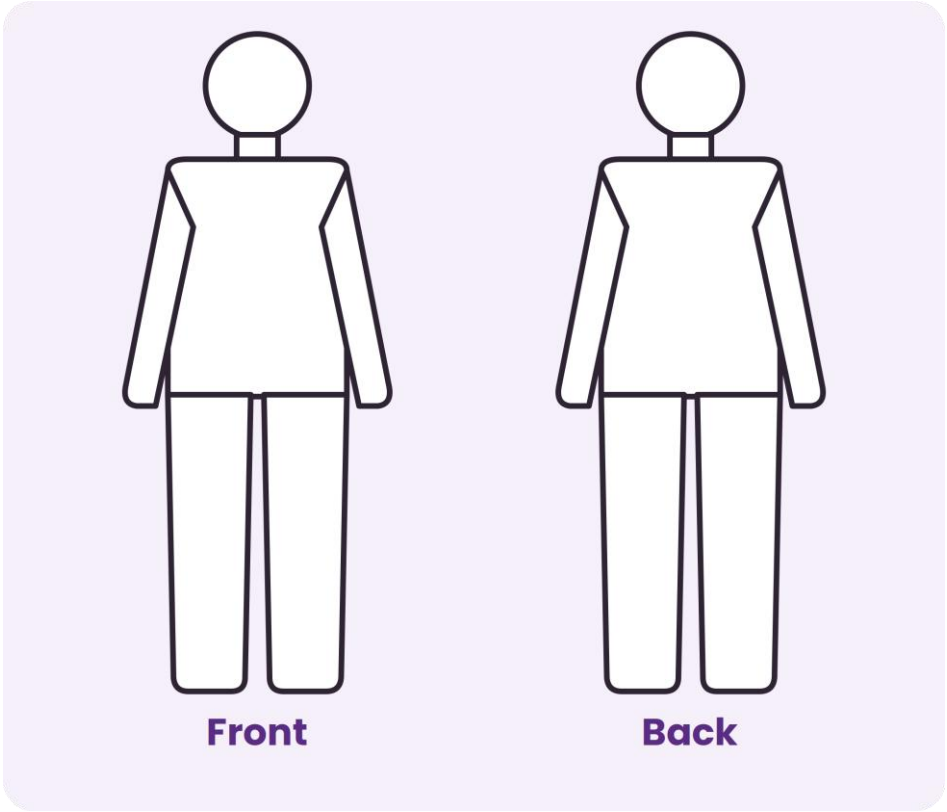
The **Equality Act 2010** says NHS services must make reasonable adjustments so disabled people, including autistic people, are not put at a disadvantage. Tick the ones that help and ask staff for them.

- ☐ First or last appointment of the day, or a time when it is quieter
- ☐ A quiet place to wait, or waiting in the car until I am called
- ☐ A longer appointment so I am not rushed
- ☐ A visit beforehand to see the ward or department
- ☐ My parent, carer or supporter stays with me at all times
- ☐ The same staff where possible, and staff introduce themselves
- ☐ Explain what will happen before it happens — and show me
- ☐ Easy read information, pictures or written instructions
- ☐ Lights dimmed, less noise, or a side room
- ☐ Wear my own clothes instead of a gown, if safe
- ☐ Combine tests (e.g. bloods taken while I am sedated for something else)
- ☐ Contact the Learning Disability and Autism team before I arrive

Other adjustments that help me	

Show me where it hurts

Point, colour in or mark with an X

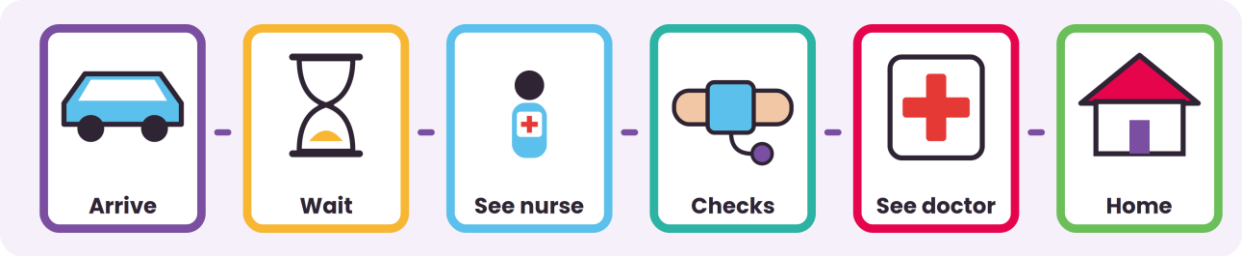


Notes *When did it start? What makes it better or worse?*	

Going to hospital

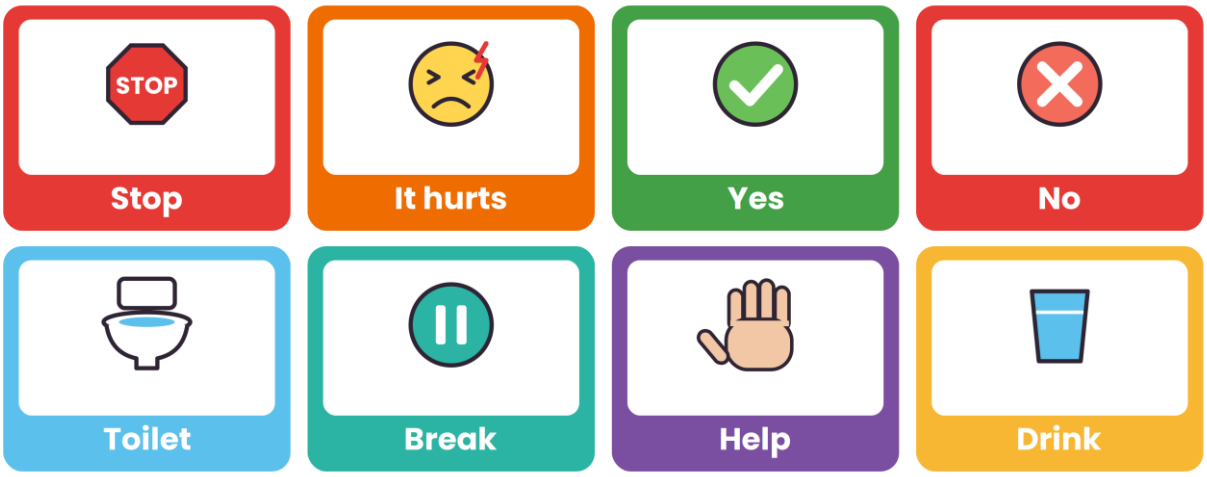
Pictures to help explain what will happen

Many people feel less anxious when they can **see** what is going to happen. Use this example to talk through a visit or make your own with photos of the hospital. Cross off each step when it is finished.



Communication cards

Print, cut out and laminate these cards so the person can show staff what they need, even when talking is hard.



Tips for the day

- Pack the passport, medicines, a list of questions and comfort items the night before
- Phone ahead: ask for the Learning Disability and Autism team and any adjustments
- Bring snacks, drinks, charger and headphones — waits can be long
- Plan something nice for afterwards and show it on a Now and Next board

My visits and reviews

Keep a record

Hospital visits

Date	Hospital / ward	Why I went	What helped / what to change

Passport reviews

Date checked	Checked by	What changed

Date checked	Checked by	What changed

Help and support

Local hospitals and useful links

Queen's Hospital (Romford) and King George Hospital (Goodmayes) are run by **Barking, Havering and Redbridge University Hospitals NHS Trust (BHRUT)** and serve families across all three boroughs.

BHRUT Learning Disabilities and Autism Team

Supports patients with a learning disability and/or autism during hospital visits and stays and helps staff make reasonable adjustments.

020 8970 5719 |
Bhrut.learningdisabilitiesteam@nhs.net

Monday to Friday, 9am–5pm

BHRUT – learning disability and autism help

BHRUT PALS (Patient Advice and Liaison Service)

For help, questions or concerns about care at the hospital.

Queen's: 01708 435 454

King George: 020 8970 8234

Mon–Fri, 9am–12 noon and 2pm–5pm

BHRUT – PALS

Using a different hospital (for example Whipps Cross, Great Ormond Street or a specialist centre)? Ask for their learning disability and autism team or liaison nurse when you book.

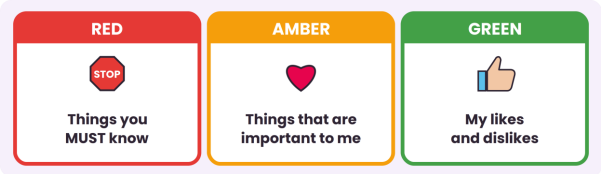
Useful links

Organisation	How they can help	Website and contact
NHS Reasonable Adjustment Flag	Ask your GP to add your adjustments to your NHS record, so other NHS services can see them.	digital.nhs.uk – Reasonable Adjustment Flag
NHS annual health checks	Free yearly health check with the GP for people aged 14 and over with a learning disability. Ask to join the GP's learning disability register.	nhs.uk – Annual health checks
National Autistic Society	"My health passport" and advice for autistic people using health services.	autism.org.uk – My health passport
Mencap	Health guides and easy read information for people with a learning disability.	mencap.org.uk – Health
Sycamore Trust UK	Family Services support for autistic people and their families.	Services & Support - Sycamore Trust

Thank you for reading my passport

Sycamore Trust UK is a registered charity supporting autistic children, young people, adults and their families across Barking & Dagenham, Havering and Redbridge.

Call us	Visit us	Find us online
020 8517 9317	27–29 Woodward Road, Dagenham RM9 4SJ	Home - Sycamore Trust



Disclaimer

This passport is a template to help share information. It is **not a medical record** and does not replace medical advice, a care plan or legal documents such as a Lasting Power of Attorney or advance decision. In an emergency, call **999**; for urgent advice, call **111**.

The person (or their family or carer) is responsible for keeping the information accurate and up to date. Only share it with people who need it, and store copies safely, because it contains personal information.

The pictures, pain scale and body map are simple illustrations created for Sycamore Trust UK and are not clinical assessment tools. Contact details and links were checked in **September 2026** and may change. Links do not mean that Sycamore Trust UK endorses any organisation, and Sycamore Trust UK cannot accept responsibility for any loss or harm arising from the use of this passport.