# Partner organisation logos

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[ ]  OtherIf other neurodivergence, enter here | I prefer my identitydescribed as | [ ]  Don’t mind[ ]  Identity first (an autistic person)[ ]  Person first (a person with autism)[ ]  OtherIf 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[ ]  OtherIf 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[ ]  OtherIf other dislike, enter here |
| Other things about communicating with me you need to knowHere 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[ ]  OtherIf 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)[ ]  OtherIf other, enter here |
| These things help me for appointments | These things help me for virtual / online 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 | [ ]  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[ ]  OtherIf 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 | [ ]  OtherIf other, enter here |
| Signs I am becoming overwhelmed | What to do when I am feeling overwhelmed |
| Please describe signs | Please describe signs |