

# 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.**

<b>Name</b>		<b>NHS number</b>	
<b>I prefer to be called</b>		<b>Date of birth</b>	
<b>Pronouns</b>		<b>Date completed</b>	
<b>My neurodivergence</b>	<input type="checkbox"/> Autism <input type="checkbox"/> ADHD <input type="checkbox"/> Dyslexia <input type="checkbox"/> Other	<b>I prefer my identity described as</b>	<input type="checkbox"/> Don't mind <input type="checkbox"/> Identity first (an autistic person) <input type="checkbox"/> Person first (a person with autism) <input type="checkbox"/> Other
<b>My hobbies and interests</b>			
<b>I like these ways of contact or communication</b>	<input type="checkbox"/> Don't mind <input type="checkbox"/> Phone <input type="checkbox"/> Texting <input type="checkbox"/> Email <input type="checkbox"/> In person <input type="checkbox"/> Written <input type="checkbox"/> Virtual or online <input type="checkbox"/> Other	<b>I don't like these ways of communicating or contact</b>	<input type="checkbox"/> Don't mind <input type="checkbox"/> Phone <input type="checkbox"/> Texting <input type="checkbox"/> Email <input type="checkbox"/> In person <input type="checkbox"/> Written <input type="checkbox"/> Virtual or online <input type="checkbox"/> Other
<b>Other things about communicating with me you need to know</b>			
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			
<b>The following can cause anxiety or make an appointment more difficult</b>			
<input type="checkbox"/> Unfamiliar places <input type="checkbox"/> New people <input type="checkbox"/> Travel there <input type="checkbox"/> Unexpected changes <input type="checkbox"/> Busy waiting rooms <input type="checkbox"/> Too many people	<input type="checkbox"/> Starting / finishing late <input type="checkbox"/> Finding the room <input type="checkbox"/> Bright lighting <input type="checkbox"/> Busy patterns or clutter <input type="checkbox"/> Background noises <input type="checkbox"/> Smells or aromas	<input type="checkbox"/> Certain textures <input type="checkbox"/> Unexpected touch <input type="checkbox"/> Describing emotions <input type="checkbox"/> Describing pain <input type="checkbox"/> Other	

<b>The following help me feel prepared for an appointment</b>	
<input type="checkbox"/> Venue details <input type="checkbox"/> Photos of venue and meeting room <input type="checkbox"/> The same room for all appointments <input type="checkbox"/> Car parking arrangements <input type="checkbox"/> Public transport information <input type="checkbox"/> Who I am meeting and their roles <input type="checkbox"/> Appointment length <input type="checkbox"/> What will happen during the appointment	<input type="checkbox"/> Clear plan for the meeting <input type="checkbox"/> Information or forms sent in advance <input type="checkbox"/> Details of information you need from me (like medical history) <input type="checkbox"/> Appointment reminder (including what I need to bring) <input type="checkbox"/> Other
<b>These things help me for appointments</b>	<b>These things help me for virtual / online appointments</b>
<input type="checkbox"/> A quiet area to wait <input type="checkbox"/> Start or end of day appointment <input type="checkbox"/> Be taken to the meeting room <input type="checkbox"/> A clear plan for meeting followed <input type="checkbox"/> Supporting written material <input type="checkbox"/> Supporting diagrams or pictures <input type="checkbox"/> A shorter appointment <input type="checkbox"/> Time to respond to questions <input type="checkbox"/> Environmental adjustments <input type="checkbox"/> Lights off <input type="checkbox"/> A quiet room <input type="checkbox"/> Open window <input type="checkbox"/> Not too many people in room <input type="checkbox"/> A short break during meeting <input type="checkbox"/> Reviewing the previous appointment	<input type="checkbox"/> I prefer <b>my</b> camera off <input type="checkbox"/> I prefer <b>your</b> camera off <input type="checkbox"/> Staying on mute unless speaking <input type="checkbox"/> Using the hand function for turn taking <input type="checkbox"/> Texting in chat box (rather than speaking) <input type="checkbox"/> I prefer you to have a neutral or plain background
	<b>Any other considerations for appointments</b>
<b>If you have sensory needs, you can bring these to your appointments</b>	
<input type="checkbox"/> Dark glasses <input type="checkbox"/> Headphones (noise cancelling / music) <input type="checkbox"/> Fidget device <input type="checkbox"/> Something soothing to hold	<input type="checkbox"/> Masking scent <input type="checkbox"/> Other
<b>After the appointment I would find the following useful</b>	
<input type="checkbox"/> Summary of what was talked about <input type="checkbox"/> List of main tasks or actions <input type="checkbox"/> Plan for next appointment <input type="checkbox"/> Time and date of next appointment	<input type="checkbox"/> Other
<b>Signs I am becoming overwhelmed</b>	<b>What to do when I am feeling overwhelmed</b>