

Neuro-Inclusion Passport

This passport is available for anyone who is autistic / ADHD / dyslexic (or has another form 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.

Name:		NHS number:	
Preferred name:		Date of birth:	
Pronouns:		Date completed:	
My neurodivergence (tick all that apply)	☐ Autism ☐ ADHD ☐ Dyslexia ☐ Other: Click or tap here to enter text.	I prefer my identity described as: • Identity first – an autistic person. • Person first – a person with autism.	☐ Identity first ☐ Person first ☐ Don't mind ☐ Other: Click or tap here to enter text.
My hobbies and interests:			
Click or tap here to enter text.			
My preferred ways of contact or communication (tick all that apply)	☐ Phone call ☐ Texting ☐ E-mail ☐ In person ☐ Written ☐ Virtual / online ☐ AAC ☐ Don't mind ☐ Other: Click or tap here to enter text.	I find these ways of contact or communication difficult (tick all that apply)	☐ Phone call ☐ Texting ☐ E-mail ☐ In person ☐ Written ☐ Virtual /online ☐ Don't mind ☐ Other: Click or tap here to enter text.
Do you have any other communication requirements we should be aware of? Here are some examples of what you may wish to include here: <i>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</i>			
Click or tap here to enter text.			
The following can cause anxiety or make an appointment more difficult (tick all that apply):			
☐ Unfamiliar places ☐ New people ☐ Travel to appointment ☐ Unexpected changes ☐ Busy waiting rooms	☐ Too many people ☐ Starting / finishing late ☐ Bright lighting ☐ Busy patterns / clutter ☐ Background noises	☐ Smells / aromas ☐ Certain textures ☐ Unexpected touch ☐ Describing emotions	☐ Other: Click or tap here to enter text.

The following help me feel prepared for an appointment <i>(tick all that apply)</i> :	
☐ Venue details ☐ Car parking arrangements ☐ Public transport information ☐ Who I am meeting (and their roles) ☐ Appointment duration ☐ What will happen during the appointment ☐ Clear agenda ☐ Information / forms to be sent in advance	☐ Details of information required from me (i.e. medical history) ☐ Appointment reminder (including what I need to bring) ☐ Other: Click or tap here to enter text.
Helpful adjustments for appointments <i>(tick all that apply)</i>	Extra considerations for virtual/online appointments <i>(tick all that apply)</i>
☐ A quiet area to wait ☐ Start or end of day appointment ☐ Clear agenda followed ☐ Supporting written material ☐ Supporting diagrams / pictures ☐ Consider / discuss appointment length ☐ Time to respond to questions ☐ Environmental adjustments ☐ lights off ☐ quiet room ☐ Not too many people in room ☐ Short break during meeting ☐ Recapping 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 / plain background
	Any other considerations for appointments <i>(please specify)</i> :
	Click or tap here to enter text.
If you have any sensory requirements, we recommend bringing any of the following to your appointment <i>(tick any that apply)</i>	
☐ Dark glasses ☐ Headphones (noise cancelling / music) ☐ Fidget device ☐ Something soothing to hold	☐ Masking scent ☐ Other: Click or tap here to enter text.
After the appointment I would find the following useful <i>(tick all that apply)</i> :	
☐ Summary of main items discussed ☐ List of key tasks or actions ☐ Information on the next appointment	☐ Other: Click or tap here to enter text.
Signs I am becoming overwhelmed <i>(please describe)</i> :	What to do when I am feeling overwhelmed <i>(please describe)</i> :
Click or tap here to enter text.	Click or tap here to enter text.