

Hospital Passport for Autistic People

Please take this hospital passport with you if you have to go into hospital

This Hospital Passport gives staff looking after you important information about you. Please ask staff to read it.

You can contact the hospital liaison nurses in advanced if you know when you are coming in to some hospitals. Details are on the last page.

Things that I may need to bring with me to hospital may include: (examples could be an activity you like, sensory items, some music a family member or carer, anything that helps keep you relaxed)

It will be useful to take a copy of this passport into hospital, either on your phone, or in paper form. Your hospital may also be able to upload digital copies to their system prior to your visit.

This passport was last updated on:

Autism Spectrum overview for staff:

Autism is a spectrum condition; people with autism share certain difficulties, but will be affected in different ways.

- Please ensure you read this hospital passport for this patient and help identify reasonable adjustments to support this individual to have a positive experience in hospital.
- Please contact autism liaison teams within the hospital if you need support (numbers on last page)

Social Communication: Difficulties with interpreting both verbal and non-verbal language like gestures or tone of voice, body language and social cues/rules. May have a very literal understanding of language, and think people always mean exactly what they say. It is important to be specific. Say exactly what you mean in clear, concise language. Allow time to process

Social Interaction: Difficulty 'reading' other people – recognising or understanding others' feelings and intentions – and expressing their own emotions. May require a quiet space or have difficulties in large groups of people and waiting rooms. Some people may be very direct and honest when communicating with professionals

Repetitive behaviour and routines: Many people benefit from having routines in place, it is therefore important to provide structure, be predictable and consistent. The explanation and use of rules can also be important in a hospital setting. People on the autism spectrum May experience increased anxiety around unexpected changes, but often cope better if informed in advance and can prepare for change.

Anxiety: Many autistic people experience anxiety. It can affect a person psychologically and physically. Constant anxiety can be extremely distressing for autistic people. It can lead to meltdowns, self-harm and depression. Common triggers include noisy environments and the difficulty of social interactions. It is important to identify what is causing a person's anxiety and then to take steps to reduce it.

Sensory Sensitivity: Autistic people may also experience over or under-sensitivity to sounds, touch, tastes, smells, light, colours, temperatures or pain. This can cause anxiety or even physical pain.

** Please debrief this patient when they first arrive in hospital to fully explain their situation, ward routines, how long they will be staying etc. when they first arrive at the hospital/setting. This information should be given in written form as well, where possible**



Personal Information:

This is so hospital staff has information about you and people you are close with, in case they need to contact them.

Full name:	
I like to be called:	
Date of Birth:	
NHS Number:	
Address:	
Telephone number:	
GP:	

If I am admitted to the hospital I would like the following person/people to be contacted:

Name:	Relationship:	Phone Number:



Important Information:

Allergies:	
Relevant medical conditions:	
Relevant information or past history:	

Other information you should know about me:

- You do not need to complete every box. This information is to help identify things you might find difficult in hospital so people know how to best support you.

<p>How I like to communicate: <u>Examples:</u> I need time to process information. I prefer to write things down.</p>	
<p>How I would like people to communicate with me: <u>Examples:</u> I need people to use clear simple language. I need things written down. I need people to give me time to process/think.</p>	
<p>Things I do not like in hospital and may find challenging: <u>Examples:</u> I do not like being touched. I find noise difficult. I find crowds too much. I am fearful of needles.</p>	
<p>What I do when I am in pain: <u>Examples:</u> I become quiet. I find it difficult to tell someone you are in pain. I get more frustrated angry. I have a high/low pain threshold.</p>	

<p>What I do if I am anxious/worried: <u>Examples:</u> I become withdraw/ go quiet. I get angry. I pace around. I find it harder to have conversations.</p>	
<p>Things that can help if I am worried/anxious: <u>Examples:</u> The use of a single/quiet room. Give me more time to process information. Discuss certain topics that I enjoy talking about. Having important information written down. Medication (PRN) that has helped in the past.</p>	
<p>Things I do not like that people should know: <u>Examples:</u> I do not like being touched. I do not like eye contact. I do not like certain words or phrases. I do not like people being late. I struggle with change.</p>	
<p>Things I do like that people should know: <u>Examples:</u> I prefer male/female staff. I like to be given time to prepare for change.</p>	
<p>Routines <u>Examples</u> I like to plan my day. I need each day's routine to stay the same. I need a written ward routine i.e. mealtimes, ward rounds etc.</p>	

<p>Topics I like to talk about: Examples: Interests or things you like to do outside the hospital. This can help staff get to know you.</p>	
<p>Sensory Examples I have difficulty with certain types of lights, sounds, tastes, textures or smells.</p>	

- Please also complete a reasonable adjustment request sheet.

Some hospitals have specific teams that may be able to offer in person support. You do not need to have a learning disability to access these teams.

- **Southmead LD and Autism Liaison Team** – (0117) 414 1239 or e-mail learningdisabilities@nbt.nhs.uk.
Look up whether they are separate teams
- **BRI LD and Autism Liaison team** – 01173421707 or email learningdisabilities@uhbw.nhs.uk

BASS Autism Services for Adults can be contacted Mon-Fri 9-5 within Bristol, North Somerset, South Gloucestershire, and Bath and North East Somerset (BANES). BASS is a diagnostic assessment, post diagnostic support, advice, liaison and training service. BASS are not able to provide care co-ordination or crisis management.

- **BASS team Bristol Autism Spectrum Service-** (01275) 796204 or email awp.bass@nhs.net