



Neurodiversity Passport

Name:		Pronouns:	
I prefer to be called:		Date of Birth:	
Address:		Email:	
		Telephone Number:	
My Conditions / Diagnosis / Neurodiversity	☐ Autism ☐ ADHD ☐ Dyslexia ☐ Dyscalculia ☐ Dysgraphia ☐ Dyspraxia	Year diagnosed:	☐ Identity first (i.e. an autistic person) ☐ Person first (i.e. a person with autism) ☐ Combination/ I don't mind ☐ Other (please specify):
I prefer my diagnosis / condition referred to it this way			
Are there any interests or hobbies you would like to share?			
I am happy to be contacted in the following ways:	☐ Text ☐ Phone ☐ Email ☐ Letter (appointment information) ☐ Other:	I prefer to receive information in the following ways: (Multiple preferences can be made):	☐ Text ☐ Phone ☐ Email ☐ Letter ☐ Face to Face ☐ Easy Read ☐ British Sign Language ☐ Braille ☐ Other:
I find these ways of communicating easier:	☐ By Telephone ☐ In Person (Face to Face) ☐ Via Computer (ie Zoom) ☐ Writing or Text ☐ Gestures ☐ No Preference	I find these ways of communicating difficult:	☐ By Telephone ☐ In Person (Face to Face) ☐ Via Computer (ie Zoom) ☐ Talking ☐ No Preference
I consent to information being shared with the following people:			
Communication needs I would like to share:	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 or open ended questions.		
The following can cause anxiety and make an appointment more difficult:	☐ Unfamiliar Places ☐ New People ☐ Travelling to the appointment ☐ Unexpected Events	☐ Waiting ☐ Unexpected Changes ☐ Crowds ☐ Busy Places	

☐ Lighting ☐ Busy patterns or clutter ☐ Background noises ☐ Unexpected noises ☐ Certain smells or aromas ☐ Certain Textures	☐ I would appreciate being warned if you need to touch me Other:
What do I need to know before we have an appointment / How to prepare me for an appointment (Multiple options can be chosen)	
☐ Details of venue ☐ Details of Car Parking Arrangements ☐ Who I am meeting (and their roles) ☐ Appointment duration ☐ A appointment agenda	☐ Any information we are discussing sent out in advance ☐ Details of information needed from me / questions you will be asking (i.e. medications) ☐ Appointment Reminder (Including reminder of what I have been asked to bring) ☐ Other:
Please note details of some appointment venues can be found on www.accessable.co.uk	
For face-to-face appointments I will find the following useful:	
☐ A quiet space to wait (or wait outside and be called in) ☐ An agenda ☐ Supporting written material ☐ Supporting Diagrams / Visual Material ☐ Additional time to respond to your questions	☐ I may find the following difficult in any waiting room / appointment room: bright lighting, dim lighting, background noise, too many people, certain smells, some textures, being touched. ☐ I may use any of the following to reduce sensory distractions: dark glasses, peaked cap or hat, noise canceling headphones, fidget toys. ☐ Other:
How to present information to me to support my understanding	
☐ Written Text ☐ Bullet Points ☐ Diagrams ☐ Dyslexia friendly font	☐ Information on coloured paper ☐ Mind Mapping ☐ Supporting Evidence ☐ Information on paper
☐ Information on phone ☐ Easy Read Information ☐ Other:	
After an appointment I would find the following useful:	
☐ 'Take away' information of anything we have discussed ☐ Summary / bullet points of main items discussed ☐ List of key tasks or actions	☐ Recap of previous appointment (if this is a series of appointments) ☐ Details of next Appointment ☐ Information about next Appointment ☐ Other:
Signs I am feeling overwhelmed:	What to do when I am feeling overwhelmed: