



# This is my Health & Wellbeing Passport

My name is:

If I have to go to hospital this book needs to go with me.  
It gives hospital staff important information about me.  
A copy should be put in my notes.

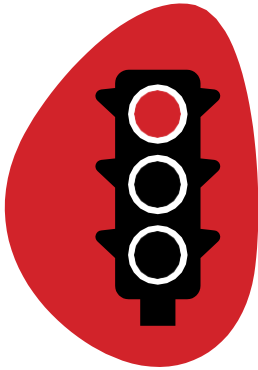


Insert photo  
here (optional)

Please return this to me.



## A traffic light system is used as shown below:

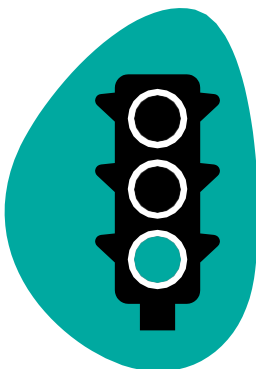
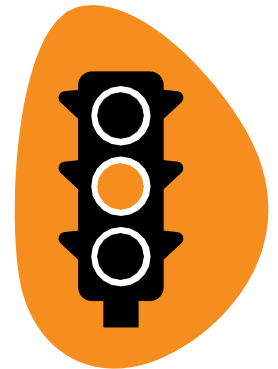


Very important information you **MUST** know about me. For example, allergies, communication needs, medical equipment sizes or challenging behaviours which may cause a risk.

**PAGES 3 - 5**

Important information about my daily life.  
How I express myself, any specific dietary needs or personal hygiene needs I may have.

**PAGES 6 - 8**



Information about my likes, dislikes and comfort issues.  
For example favourite toys, music and movies. Also things that might calm me if I become distressed.

**PAGE 9**

**My name:**

.....

**I am known as:**

.....

**My pronouns are:**

.....

Example: He - Him, She - Her, They - Them

**NHS number:**

.....

**Date of Birth:**

.....

**Address:**

.....

.....

.....

**Postcode :**

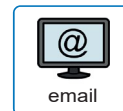
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**Phone:**

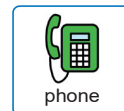
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**Email:**

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email



phone



address

**My special needs are:**

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doctor

**GP Surgery:**

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**Doctors name:**

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**Phone:**

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**Next of kin contact:**

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**Relationship:**

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**Address:**

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**Postcode:**

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**Phone:**

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**Email:**

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**Other services/professionals involved with me:**

(Example: Social Services, Health Visitor, Community Nurses)

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# Communication

**My preferred language:**

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**Interpreter requirements:**

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**How I would like you to communicate with me:**

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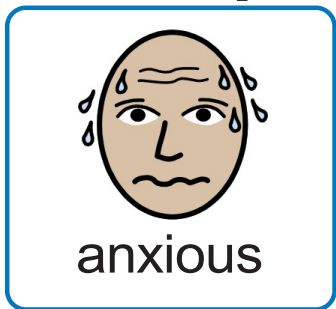


**How I communicate:**

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**How you can help me if I'm anxious:**

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**Allergies:**

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**Heart/breathing problems:**

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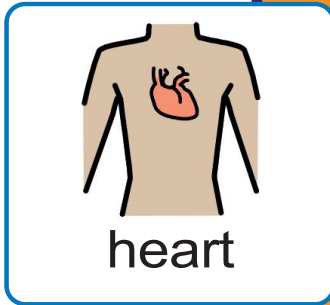
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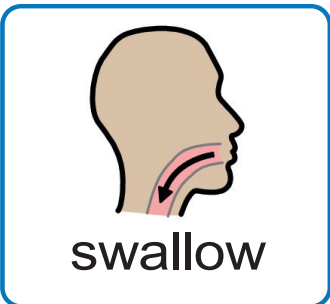
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**Risk of choking:**

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**Medication I take:**

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**How I take medication:**

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**My sensory needs:**

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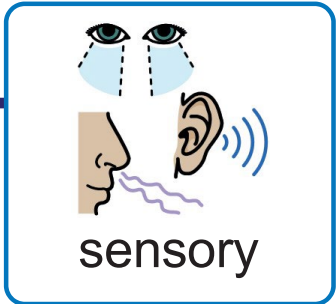
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**Things to consider in the environment:**

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# My medical past

Previous medications, operations, illnesses:

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health

Immunisations I've had:

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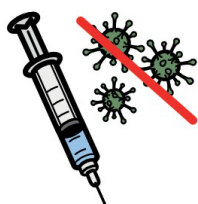
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vaccine



**Things I like:**



**Things I don't like:**



**My special needs are:**

**Adjustments that will help me:**

**My parent/carers name is:**

## Useful links:

<https://localofferwirral.org/>

<https://wirralmencap.org.uk>

<https://thepositivitree.com/>

<https://wired.me.uk/>

<https://www.mymind.org.uk>

<https://www.nhs.uk/conditions/learning-disabilities/going-into-hospital/>

<https://www.mencap.org.uk/>

<https://www.cwp.nhs.uk/services-and-locations/services/wirral-community-learning-disability-service/>

<https://www.wuth.nhs.uk/our-departments/a-z-of-departments/learning-disability-and-autism-team/>

