

Passport

---

About me



# About Me

---

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Post Code:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Mobile:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**National Insurance Number:** \_\_\_\_\_

**My condition is:** \_\_\_\_\_

**I prefer to communicate with you:**

letter  phone  email  British Sign Language

face to face  text  braille  easy read

**I prefer information to be given to me by:**

letter  phone  email  British Sign Language

face to face  text  braille  easy read

---

### Things that increase my anxiety:

(please tick the boxes that apply to you)

- |   |  |
|---|--|
| <input type="checkbox"/> travelling to centre   | <input type="checkbox"/> crowds            |
| <input type="checkbox"/> unfamiliar environment | <input type="checkbox"/> noise             |
| <input type="checkbox"/> inconsistent staff     | <input type="checkbox"/> smells            |
| <input type="checkbox"/> waiting                | <input type="checkbox"/> reading           |
| <input type="checkbox"/> writing                | <input type="checkbox"/> working in groups |
| <input type="checkbox"/> others: _____          |  |

**Situations I find difficult:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Things that would help me (reasonable adjustments):**

\_\_\_\_\_

\_\_\_\_\_

**My specialist support / advocate contact is:**

\_\_\_\_\_

\_\_\_\_\_

DISCLAIMER - This passport is the property of the individual named in this document and can only be shared with their permission.

In partnership with:

north east  
**autism** society

Autism |   
East Midlands |  
Quality of Life for People with Autism

**RNIB** Supporting people  
with sight loss

University of  
South Wales  
Prifysgol  
De Cymru

 The  
Dyslexia  
Association

 **St Andrew's**  
HEALTHCARE

 **autism plus**  
ADDING VALUE TO LIVES

**a**  
autism alliance

 **dimensions**

**North East Autism Society:** Unit 15 Lumley Court, Drum  
Industrial Estate, Chester-le-Street, DH2 1AN

**T:** 0191 410 9974 | **E:** [info@ne-as.org.uk](mailto:info@ne-as.org.uk) | **W:** [www.ne-as.org.uk](http://www.ne-as.org.uk)

Registered Charity No. 1028260

Company Limited by Guarantee No. 2859620