



# My Hertfordshire Healthcare Passport

For children and young people with learning disabilities, learning difficulties, SEND and complex health needs accessing health services.

My name:			
Advance care plan?	Yes	<input type="checkbox"/>	No
Interpreter required?	Yes	<input type="checkbox"/>	No
Reasonable adjustments?	Yes	<input type="checkbox"/>	No
Passport created:			

Some young people and families may need help to fill this in as it is currently unavailable in braille or on adaptive devices.

Nursing and medical staff, please look at my passport before you begin any interventions with me.



Things you must know about me

Things that are important to me

My likes and dislikes

Please print and/or save this in colour or have on your mobile phone. All patients in Hertfordshire and West Essex can use this Healthcare Passport. Whilst the trust logo shows who was responsible for creating the passport, access to the passport is for everyone within the region.

Name:

NHS number:

# Things you should know about me



Name:

Known as/preferred pronouns:



NHS number:

Date of birth:

Address:



Phone:

Email:



How I communicate / what language I speak:



Family contact: parent, carer or other. Indicate if this person has parental responsibility, Deputyship, or LPA (legal power of attorney).

Address:

Phone:



Religious/cultural/spiritual needs

Ethnicity:

Name:

NHS number:

# Things you should know about me



These teams must be informed if I am in hospital or when I get really unwell:

All contact details for professionals involved with me are at the back of this booklet.



Allergies:

\* If you require more space please use pages 17 - 20



My dietary needs:

\* If you require more space please use pages 17 - 20



Medical interventions: how I like you to take my blood, give injections etc:

My normal observations are:

<b>Heart rate:</b>	
<b>Respiratory rate:</b>	
<b>Temperature:</b>	
<b>Oxygen saturations:</b>	
<b>Other:</b>	



What to do if I'm anxious:



Risk of choking, dysphagia (eating / drinking / swallowing):

Name:

NHS number:

## Things you should know about me



My on-going/ long-term medication:



My main diagnosis and/or learning disability:



My medical history:

Name:

NHS number:

# Things you should know about me



This information helps others to know how I like to communicate and how to meet my access needs. These are often called "reasonable adjustments". Please tick and give details for any which apply to you, leave blank if not applicable

Allow me to move around the room	
Give me time to think about each question you ask me	
Give me a quiet waiting area/allow me to wait outside	
Other:	

## Consider my sensory needs as some spaces can be too much or not enough to make me feel comfortable:



Sound



Smell



Lights



Textures

Other:

Name:

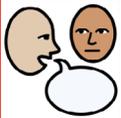
NHS number:

# Things you should know about me

I prefer to communicate through:



My parent/ carer



Talking



Typing/my communication device (AAC device)



Drawing

Other:



If there is a choice of appointment day and/or time, this is when to avoid if possible so I can attend the appointment:

--

Name:

NHS number:

# Things you should know about me

If you can give me a choice of where to meet, I prefer:

	Telephone	
	Video call	
	In clinic	
	At school	
	At home	



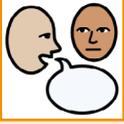
Other important things you need to know about my access requirements e.g. potential triggers (please give a brief list to help health care staff):



Name:

NHS number:

## Things that are important to me



How to communicate with me, including any body language I respond well to, or what to avoid:



How I usually take medication:  
(whole tablets, crushed tablets, injections, syrup)



What I am usually like when I am well:  
(how I act, communicate and move on a good day)



What I might be like when I am unwell or in pain:  
(behaviour to look for, how I communicate and move)

Name:

NHS number:

## Things that are important to me



What help will I need if I am in hospital? E.g. accessing the toilet, knowing what is where, asking for help:



Important things to know about me as I am developing: (e.g. menstruation, puberty, sexuality)



How I move around: (walking aids, wheelchair hoist)



How I manage personal care: (dressing, washing, toileting etc.)

Name:

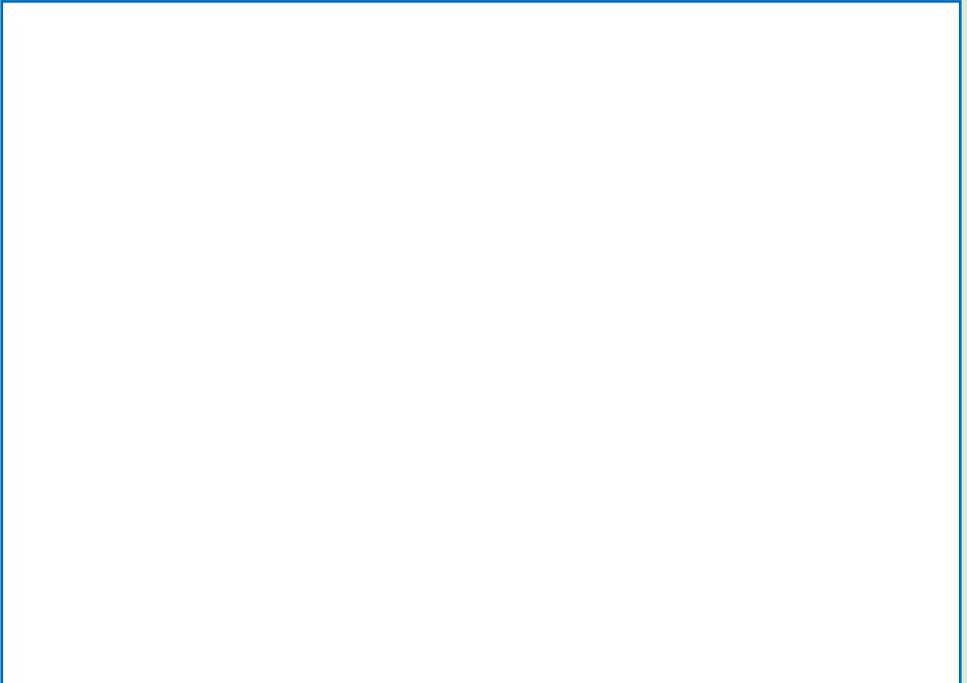
NHS number:

## About me

People in my family and people who are important to me:



Please add a photo here of your child / young person if you wish to:



Name:

NHS number:

## My likes and dislikes: please use these to help me accept health care

Examples of likes: what makes me happy, things I enjoy such as watching TV, reading, music, crafts.

Examples of dislikes: shouting, food I don't like, physical touching.

Things I like:  
(please do this)



Things I don't like:  
(please don't do this)



Name:

NHS number:

## My usual routine

This can be completed if I am admitted to hospital or staying in a different setting (respite, foster homes etc) to share my daily routine e.g. eating/feeding, sleeping, personal care.

Morning:

Afternoon:

Bedtime:

Name:

NHS number:

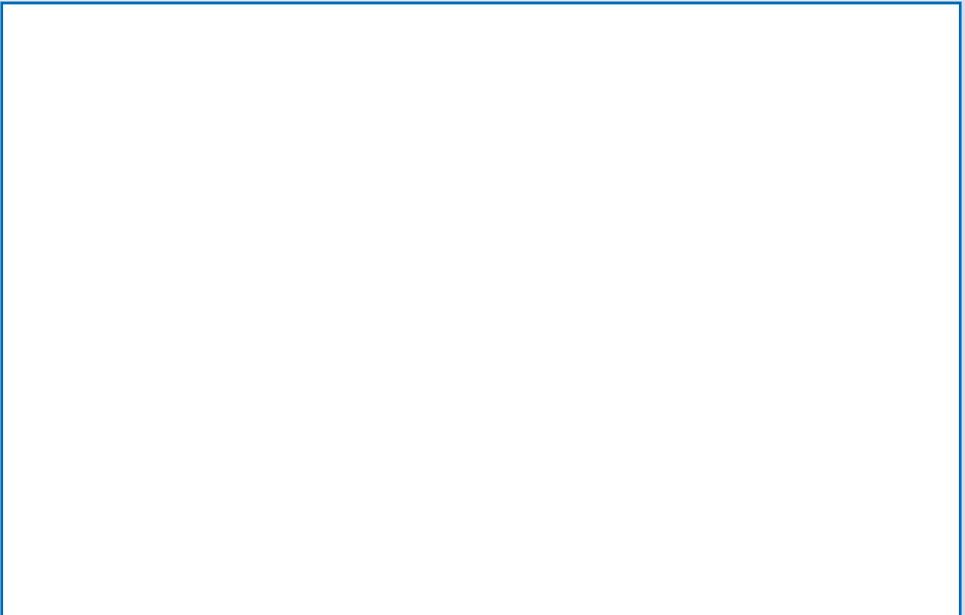
## My sleeping routine

My regular sleeping pattern is:



How do I like to be positioned when I'm in bed?

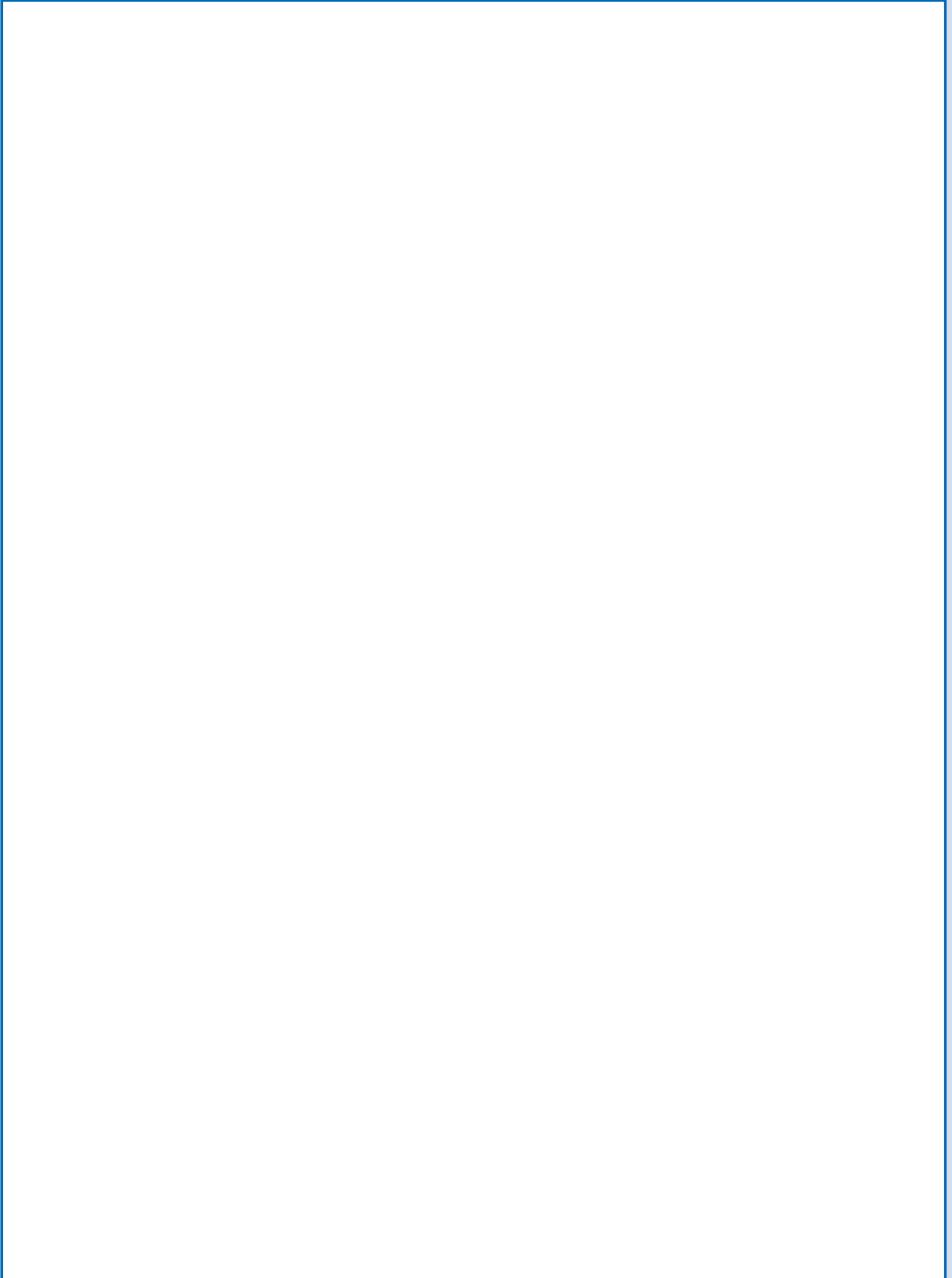
Please include a detailed description or photos



Name:

NHS number:

## Any other information you would like to share



Name:

NHS number:

## Notes

Name:

NHS number:

## Professional contact details

If you are using 'My journey' you don't need to complete these pages

Health teams, Children's Services, School / Nursery

Name and role	Location	Contact details

Name:

NHS number:

## Professional contact details

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Name and role	Location	Contact details

Name:

NHS number:

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NHS number:

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Health teams, Children's Services, School / Nursery

Name and role	Location	Contact details



## Useful information and charities

The following links have been recommended by local families and may be helpful for you (please note that we are not responsible for the content of these sites).

### **Hertfordshire local offer:**

[www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx](http://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx)

The Local Offer lets parents and young people know what special educational needs and disabilities services are available in Hertfordshire, and who can access them.

### **Healthier Together:**

[www.healthiertogether.nhs.uk](http://www.healthiertogether.nhs.uk)

NHS information and advice from birth to adulthood

### **Neurodiversity hub link:**

<https://www.hertfordshire.gov.uk/microsites/local-offer/resources-for-parents-and-professionals/the-neurodiversity-hub.aspx>

Support, advice and signposting related to neurodiversity, ADHD and autism

### **Herts Help:**

<https://www.hertshelp.net/our-services/>

Help and advice for people facing exceptional and unexpected pressures, including financial advice and practical support

### **Carers in Herts:**

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

Support, information and advice for unpaid carers

### **Young Carers:**

<https://www.carersinherts.org.uk/young-carers/>

Support and activities for young carers

### **Local parent carer forum (HPCI):**

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

The HPCI works to make sure that local service providers know what families with children and young people with SEND need. They gather parent carer views and work in partnership to bring about positive change across health, education, and social care services.

## Useful information and charities

**Sendiass:**

<https://www.hertssendiass.org.uk/home.aspx>

independent support and advice service for SEND

**Resend:**

<https://resend.org.uk/>

Independent support and advice service for SEND

**Little Journey app:**

<https://www.littlejourney.health>

Free smartphone app for families with interactive content linking to local health services e.g. virtual hospital tours

**Family fund:**

<https://familyfund.org.uk/>

helping disabled children through support, advice and practical help such as grants

**Contact:**

<https://contact.org.uk/>

helping families with disabled children through support, connection and guidance

**Mencap:**

[www.mencap.org.uk/gettingitright](http://www.mencap.org.uk/gettingitright)

Support, advice and services for families of children with learning disability

**Council for disabled children:**

[www.councilfordisabledchildren.org.uk](http://www.councilfordisabledchildren.org.uk)

Umbrella body providing collective voice for children with disability, with networks, programmes and special interest groups

**React:**

<https://reactcharity.org/>

Supporting families with basic needs when a child is diagnosed with a life-threatening or potentially life-limiting illness

Name:

NHS number:

## Useful information and charities

### **New Life:**

<https://newlifecharity.co.uk/>

Charitable provider of equipment and grants for children with disability

### **Cerebra:**

<https://cerebra.org.uk>

Support and advice for families with children with brain conditions and autism, including education, sleep, behaviour and stress

### **Well Child:**

<https://www.wellchild.org.uk/get-support/join-our-community/the-wellchild-family-tree/>

supporting families with children who have serious and complex health needs, including advice and peer connection

### **Together for short lives:**

[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)

Leading UK charity for children's palliative care, family support, grants and legal advice

### **Easy health:**

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

Accessible health information and advice

### **Confident Conversation:**

<https://confidentconversationscharity.org/>

Supporting parents and carers when a child is in hospital, with practical information to help families when talking to hospital staff.

Adapted and developed from Mencap (2020) by East and North Hertfordshire Teaching NHS Trust Children's Services Co-Production Group. This document is reviewed yearly, please email feedback to: [enh-tr.roalddahlcmc@nhs.net](mailto:enh-tr.roalddahlcmc@nhs.net)

Passport completed by:

Date:

Dates of any updates: