

Autism Reasonable Adjustment Cards



What is a reasonable adjustment alert card?

The Autism Reasonable Adjustment Card is a free card designed to help autistic people communicate their support needs when accessing healthcare and other services. The card lists key information about communication preferences, sensory needs, and any reasonable adjustments that can help people feel more comfortable during appointments.

Who can have a card?

You can apply for a reasonable adjustments card if you:

- Live in Sunderland or South Tyneside
- Are registered at a GP practice in Sunderland or South Tyneside
- Have an autism diagnosis OR are currently on the waiting list for an autism assessment

How to apply

Ask your GP during your routine appointment or autism health check

Apply online via our website: autisminmind.com/autism-cards or scan the QR code on this leaflet.

If you need support to apply for a card our Health Link Worker can assist.

More information



The cards can contain a photograph, personal details, and an emergency contact number as well as detailing reasonable adjustments.



The cards are credit card sized to fit easily into a purse, wallet or a phone case.



Presenting the card can help healthcare professionals and other organisation/services better understand how to support you and ensure your experience is less stressful and more tailored to your needs.



We love hearing from people, please get in touch with us:



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