



Disability Advice & Welfare Network

My Autism Passport

All About Me

This passport will help you understand my autism and how to make adjustments for me.

Introduction

**Anna Kennedy OBE, Disability/Neurodiversity
Campaigner and Founder of Anna Kennedy Online
Charity Raising Autism Awareness**

www.annakennedyonline.com

I am pleased to support the Autism Passport.
Many individuals who are autistic will find the Passport
essential in situations where they require support.

Reasonable adjustments are key for autistic individuals
and can make all the difference.

*I am proud to champion the Autism Passport
- Anna Kennedy OBE*

Because I struggle with retaining information and
communicating my needs, the Autism Passport has been
great for me to use with health professionals. It allows
people to understand me, and gives more awareness
about how my neurodiversity affects me.

William

About the Autism Passport

The Autism Passport is for individuals who are autistic and it can be used in a variety of situations, e.g. court settings, police stations, Job Centres, doctors' surgeries, religious settings, councils and for employment purposes.

The Passport is based on the principle of 'saying it only once', to help others understand and make suitable adjustments.

If you are handed this Passport by an autistic person or their carer, please take the time to read it and understand the adjustments you can make to support the individual.

About Autism

Autism is a lifelong condition which affects how a person interacts and communicates with other people. Many autistic people may not be able to verbalise their needs or wants. It is rare that those interviewing the individual will be able to rely on self-reporting to gain an accurate and true picture.

Autistic individuals are likely to:

- Become anxious in social situations.
- Be over or under sensitive to noise, smell, light and touch.
- Like routines and consistency.
- Have difficulty communicating and processing information.

ADD
PHOTO

About Me

Name

NI Number

Address

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Date of Birth

1. Emergency contact name

1. Emergency contact telephone number*

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2. Emergency contact name

2. Emergency contact telephone number*

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*My emergency contacts can provide additional information about me

GP name

GP telephone number

How you can help me

Tick statements below that could apply to you:

- Contact my emergency contact who can give you insight into how my autism affects me.
- Be specific and concrete in what you say and give me time to respond to questions.
- Do not ask me more questions while I am processing the first question.
- Do check I have understood your questions by asking me to repeat them back to you.
- Do not take offense at my answers, as I may have misunderstood your questions.
- Do not use complicated language.
- Do not use metaphors, idioms or slang.
- I may not speak so write things down.
- I am unable to give eye contact, so do not ask me to do this.
- Provide me with a visual timetable.

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Things that affect my ability to communicate

Tick statements below that could apply to you:

- Tapping on a keyboard.
- Too much information.
- Flickering, very bright or strip lighting.
- Sensitive to certain colours.
- Background noise and frequencies other people cannot hear.
- Uneven floors.
- Being touched.
- Close eye contact.
- Sudden noises like a fire alarm drill.

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Characteristics of my autism

Tick statements below that could apply to you:

- I have difficulty seeing another person's perspective and likely to interpret from my own point of view.
- I have difficulty staying on the subject in question.
- I will give inaccurate information in order to stop people asking me questions.
- I will talk about things that interest me, irrespective of what questions I am being asked.
- I will engage in repetitive stimming activities, such as flapping my arms, rocking and spinning.
- I am likely to shut-down and become unresponsive to questions.
- I have difficulty communicating my feelings and needs.
- I may shout and seem rude - give me time to calm down.

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Stress reducing methods that may help and support me

Tick statements below that could apply to you:

- Remove any demands.
- Provide a safe area where I can calm down.
- Support and encourage me, but do not put additional pressure on me.
- Give me clear cues and prompts what you want me to do.
- Allow me to stim, which can help me calm down.
- Let me use a fiddle object, which helps me to keep focused.
- Encourage me to use 5-4-3-2-1 technique below...

Take a deep breath...

5. Look at 5 things you see around you.
4. Acknowledge 4 things you can feel.
3. Listen for 3 things you can hear.
2. Say out loud 2 things you can smell.
1. Say 1 thing you can taste e.g. toothpaste (If you cannot taste anything, say 1 thing that is your favourite taste.)

Take another deep breath to end the exercise.

Additional information and if you would like a personal statement by people involved in your care

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Date of completion

About DAWN

Our Aim

Our goal is to provide high-quality benefits advice and support to vulnerable, disabled, and disadvantaged members of the community, locally and nationally. We aim to help those who would otherwise struggle to access such assistance.

Our Services

From benefit form completions to appeal support, we are here to help those who are struggling to receive the assistance they need.

For more information about us please visit our website:
dawnsupport.co.uk
or scan the QR code.





Disability Advice & Welfare Network

Crisis Contacts

Some useful numbers if you are experiencing a mental health crisis, feeling hopeless, desperate and need someone to talk to.

SAMARITANS

0845 790 9090

24 hours a day

THE MIX (under 25's)

0808 808 4994

4pm-11pm every day

THE SILVERLINE

(aged 55 & over)

0800 470 8090

24 hours a day

PAPYRUS - HOPELINEUK

(aged up to 35)

0800 068 4141

Text: **0778 620 9697**

9am-midnight every day

POLICE/AMBULANCE

If you are in need of
URGENT medical attention.

111 or 999



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Author: Annie Sands on behalf of DAWN.

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from the Autistic Community.

www.dawnsupport.co.uk

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ANNA KENNEDY ONLINE
RAISING AUTISM AWARENESS

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