

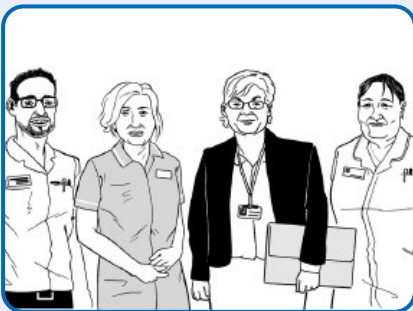
What is a Health Passport?



A **Health Passport** is an important document with all of the useful information about you.

It is important to have it with you if you need to go to a healthcare appointment, for example:

- GP or the doctors
- Podiatrist
- Hospital
- Chiropodist
- Dentist



The **Health Passport** will help staff to know the best ways to look after you. Your Health Passport should be available at all times so that anyone involved in your care can look at it. It is **your** document and it stays with you.



The **Health Passport** belongs to you. You should take it home with you when you leave **your** healthcare appointment.



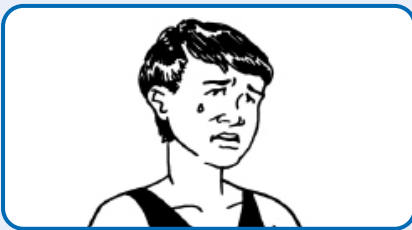
You can ask someone you trust to help you fill it out. This could be a parent, carer, or someone who looks after you.

A summary of my needs

There are lots of different sections in the Health Passport. These are explained on the next few pages.



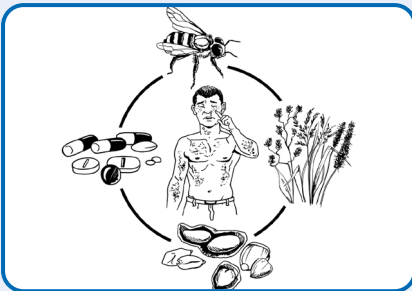
- Your **communication needs** (the language you speak, do you use words, pictures, gestures or Makaton)



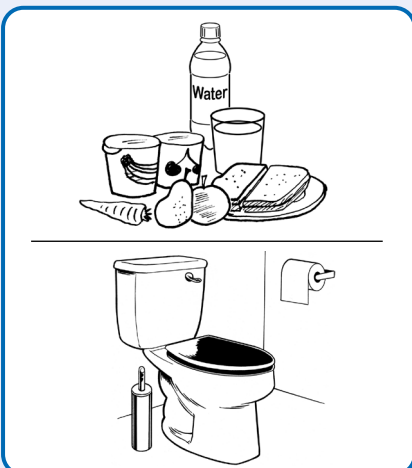
- How we will know you are in pain or uncomfortable



- The medication you are taking



- Any allergies you have



- Any help you need with eating, drinking and using the toilet

Things you must know about me

These pages have more information about you:



- Your name, date of birth and contact details



- How you communicate and the language you speak



- Contact details for your family, carer or another support contact



- Your support needs and who gives you the most help

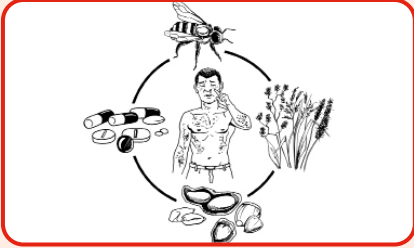


- Details of your GP practice

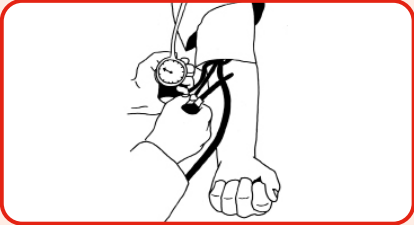


- Your religion and ethnicity

Things you must know about me



- Any allergies you have



- Your **medical interventions** (like how to take your blood, give injections, take your blood pressure)



- Any heart conditions or breathing problems you have



- If you are at risk of choking or have problems swallowing



- The medication you are taking



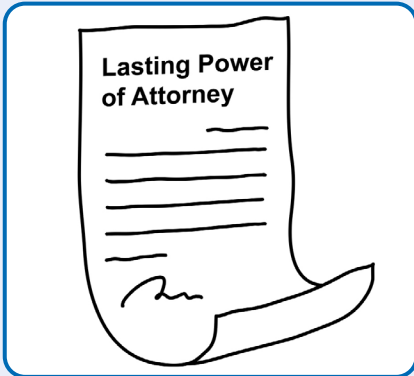
- Your medical history and treatment plan



- What to do if you are **anxious** (worried)

Decision making

These pages have the information that staff need if you are not able to make decisions about your care yourself:



- You might have a legal document called a **Lasting Power of Attorney**. This names someone to make decisions for you if you cannot do this yourself in the future



- You might have **funding** (financial help) to meet some of your health and care needs



- You might have been **detained** (sanctioned) under the **Mental Health Act**. This is a law which means you may be treated without your agreement, but it will only be done to make sure you get the treatment you need

- You can give the names and contact details of the people you want to be involved in any decisions about you.

Things that are important to you

These pages have more information to tell staff if you need any help with daily tasks:



- Taking medication



- Moving around



- **Personal care** (like dressing or washing)



- Seeing and hearing, and if you wear hearing aids or glasses

Things that are important to you



- Eating and drinking



- Staying safe (like if you need bed rails or any help with challenging behaviour)



- Using the toilet



- Sleeping, including your sleep pattern and routine

Things that I like and do not like



This page lets you list what makes you happy and what makes you unhappy.

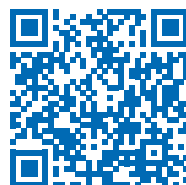


This helps staff to make sure you are comfortable while you are at your healthcare appointment.

Where can I find the Health Passport?



To save, print and fill in your own copy of the **Health Passport**, visit www.staffsstokeics.org.uk/health-passport



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