



# **Reasonable Adjustments Booklet**

**Helping you help me.**



**Stick a photo of  
yourself here**

# Why do I need this?

This passport is for you to take with you to appointments with your GP so that they know what may bother you about visiting the surgery, and find ways to help you with this.

If you need help to complete it then a Social Prescriber can do this with you so you feel confident to use it.

When this has been filled in it will go on your record so health professionals such as doctors, nurses and receptionists can see it.

You will also have a copy so you can take it with you to show people too.

This is all about you! So let's find out more!

**This is my Communication Passport. I have this because I have additional needs. It may be that I have autism or sensory issues and need extra help with my external surroundings and interactions, or I may have a learning disability which makes it difficult to express how I am feeling or process information.**

**Please take the time to read this as it will help both me and you, get the most out of our time together at appointments.**

**Name:**

**Address:**

**Date of Birth:**

**If I need help, please contact:**

# About Me

**Things that make me happy:**

1.

2.

3.

**Things I enjoy doing:**

1.

2.

3.

# **Things you can do to help me.**

**(eg speak directly, give me a visual timetable, inform me of any planned changes)**

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# My sensory needs



## Sight

I wear/don't wear glasses.

Colours I like:

Colours I don't like:

Things I like to see:

Things I don't like to see (e.g, patterns)



## Hearing

I have/don't have a hearing aid

The sounds I like are:

The sounds I don't like are:



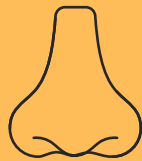
## Taste

The tastes I like:

The tastes I don't like:

The textures I like:

The textures I don't like:



## Smell

The smells I like:

The smells I don't like:



## Touch

The things I like to touch:

The things I don't like to touch:

# Grounding Technique

## How to help if I'm not coping

- Take me to a quiet space
- Stay calm and patient
- Let me fidget and stim if I need to
- We can also try this:



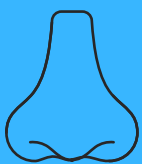
Think about 5 things you can see



Think about 4 things you can touch



Think of 3 things you can hear  
around you



Think of 2 things you can smell



Think of 1 thing you can taste



# Anything Else:

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# Notes:

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