

# HSE Health Passport



**For people with an intellectual disability in contact with a healthcare setting**



**Your Health Passport will help to let healthcare staff know all about your abilities and needs.**

**This will help them give you better care when you are in a healthcare setting.**

**Please ensure that your information is up to date.**

## To staff:

**Please read this Health Passport and make reasonable adjustments *before* you undertake any assessment, examination, treatment or care.**

**Try to make this passport easily available to all staff involved in care.**



Building a  
Better Health  
Service

Seirbhís Sláinte  
Níos Fearr  
á Forbairt

# All about me



My name is

---



I like to be called

---



My birthday is (date of birth)

---



I live at

---

---

---



My telephone number is

---



**I live with**

---

---



**My main carer is**

Name

---

Telephone number

---



**My keyworker is**

Name

---

Telephone number

---



**Parental responsibility**

(for children under 18 years of age)

Name

---

Telephone number

---

# Communication



**I communicate by**

---

---



**How best to communicate with me**

---

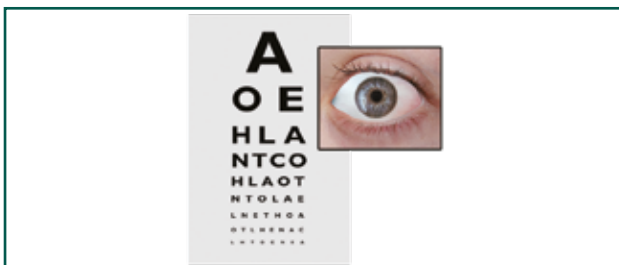
---



**Support I need to make decisions**

---

---



**My eyesight**

---

---



**My hearing**

---

---



**What I do if I am afraid or worried**

---

---



**How you can support me if I am afraid or worried**

---

---



**Things I do if I am sore or in pain**

---

---

## Medical history



**Things I am allergic to**

---

---



**Other conditions I have (for example, epilepsy, diabetes, mental illness, high blood pressure)**

---

---

## Medication

I am on medication

Yes

No

(please bring all your medication with you)

How I prefer to take my medication  
(in food, with a drink, as a liquid)

---



## Looking after me

How best to gain my help when  
examining or caring for me

---

---

Support I may need with moving  
(in bed, sitting, walking)

---

Support I may need with eating

---

---





**Help I need with drinking**

---

---



**How to reduce my risk of choking**  
(if this applies to me)

---

---



**Support I may need with my oral or dental care**

---

---



**You can help me with my personal care by**

---

---



**Support I may need with using the toilet**

---

---



**Things that help me have a good sleep**

---

---



# Keeping me safe and happy



**Things that I do or use to keep safe**

---

---



**Things I like** (what makes me happy, things I like to do, see or talk about)

---

---



**Things I do not like** (what upsets me, things I do not like to do, see or talk about)

---

---



**If my behaviour becomes difficult for you, please support me by**

---

---

Completed by: \_\_\_\_\_

Relationship to Health Passport owner: \_\_\_\_\_

Date: \_\_\_\_\_

Review Date: \_\_\_\_\_





# Guidance notes for your Health Passport

For people with an intellectual disability in contact with a healthcare setting

These guidance notes are to help you or your carer complete your Health Passport.

## Who can complete a Health Passport?

You can complete your Health Passport yourself or with help from your carer or someone who knows you well. A Health Passport may also be completed for you if you do not have one and are unable to complete it. You will need up-to-date information to complete each section of the form.

### To staff:

Please read the Health Passport and make reasonable adjustments *before* you undertake any assessment, examination, treatment or care.

Try to make the passport easily available to all staff involved in care.



## All about me

Please ensure all information in this section is up to date. For all telephone numbers include the dialling code. You can give a mobile phone number.



## Communication

All people with an intellectual disability have the ability to communicate, but some do not use words. Please tell us how you communicate with other people and what helps you understand any information they provide to you.

For example, you may find it helpful if the staff speak slowly, speak loud enough to be heard, write things down, or use pictures and symbols to help you understand what they are saying.

You may be unsure about what happens or afraid about coming to a healthcare setting. Or you may have difficulty in clearly explaining if you are in pain. It is helpful to provide some information about how you might behave if you are afraid, worried or in pain and how staff could help you.

For example, what changes might staff see in what you say or do? Or how could staff tell if you were becoming more or less worried or in less pain?



## Medical History

This information should be up to date to let staff compare it to other information staff have, like hospital notes and Electronic Care Record (a computer system that lets staff see your medical notes).

When thinking about allergies, tell us things that may bring you out in a rash or make you feel itchy or sick.

It is really important to let staff know if you are on any medication given directly to you from a hospital or from a doctor, as they may not know this. It is important to bring your medication to the healthcare setting and it is also helpful to know how you prefer to take your medication. For example, do you prefer to take it in food, with a drink or as a liquid?



## Looking after me

Please give information to help staff enable you to be as independent and as involved as possible in decisions about your care when in a healthcare setting. This includes information about any support you need when moving (in bed, sitting or walking).

It is also helpful to give information about help you may need when eating, drinking, dressing, using the bathroom or other personal care. Tell staff about how your food and drink is prepared, any special diet and the amounts usually put in a cup or glass. Include information on the support you may need at mealtimes and any choking risks.

Many people find it difficult to sleep in a different environment. Please provide any information you think will be helpful about what you do before you go to bed to help you sleep as well as the time you normally go to sleep and wake up.



## Keeping me safe and happy

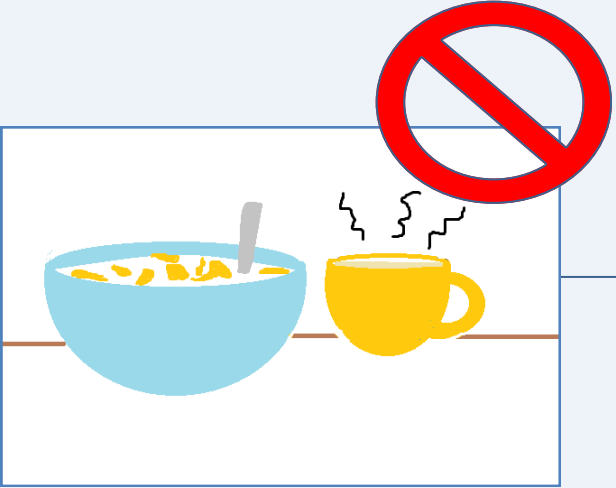
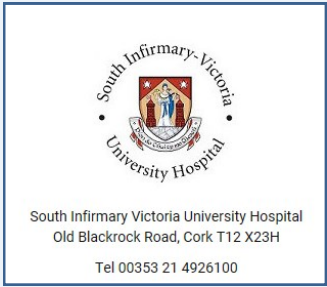
Many people do things or have things to help them feel safe. If you use anything, for example, a walking stick, personal alarm, or other equipment, write this down so that staff know. If you like to have any personal things close to you (such as your phone, magazines or special things) also write this down.

Staff you meet in a healthcare setting want to look after you well when you are there. It is useful for them to know about the things you like to do, see or talk about and what makes you happy. It is also important for them to know about what upsets you and things you do not like to do, see or talk about.

It can be good for staff to know how to support you if your behaviour starts to become difficult for them. Write down what things help you to be more relaxed and able to work with staff.

For example, do you like to be left alone for a short time? Or maybe you prefer to lie down, sit in a chair, be in a quieter place, have some lights turned off or have someone you know stay with you? Try to be very clear about what you need staff to do, rather than what you do not want them to do (like say 'I need you to be quiet now' instead of 'stop shouting').

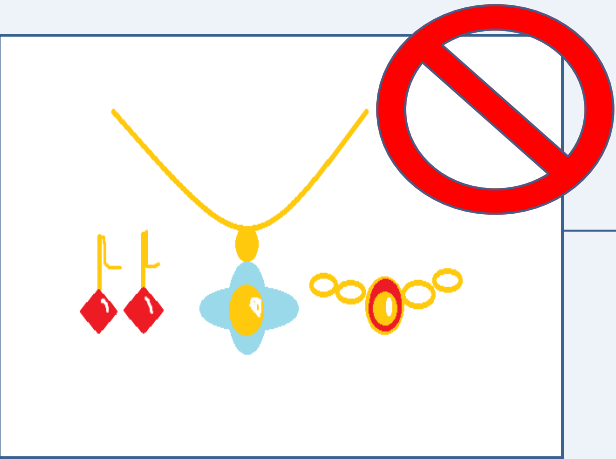
# All About Your Visit to Hospital - Social Story



In the morning before your operation it is very important that you do not eat any breakfast.



Make sure to bring your completed hospital passport with you.



Please do not wear any jewellery or make up for your operation.



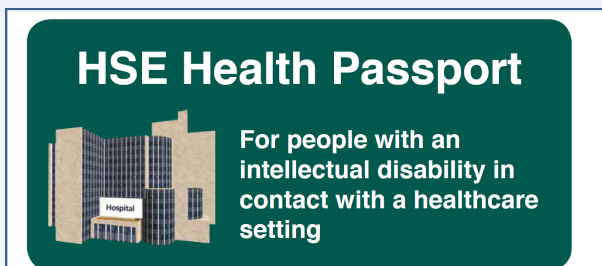
When you arrive in hospital go to admissions.



Admissions will ask you a few questions about yourself.



Admissions will bring you to the ward to meet the nurse.



Make sure to show the nurse your hospital passport.



The doctors and nurse will ask you a few more questions about yourself on the ward.



The nurse will check you with some monitors on the ward.

If you are **not** going to theatre or endoscopy, you can now go to the last page of this story.



We will give you a gown and hat to put on.



You can relax while you wait to go to theatre. Read a book or use a tablet or have a nap.





Now it is time to go to theatre. The nurse will go with you.



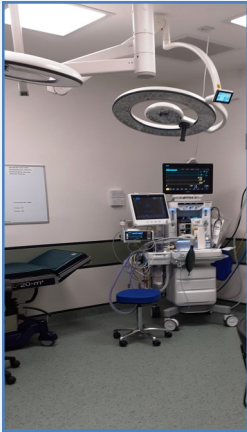
In theatre there are lots of people wearing scrubs.



The nurse from the ward will help tell the theatre doctors and nurses all about you using your hospital passport.



The doctors and nurses will ask you a few more questions in the waiting room. You can ask them questions too.



The nurse from theatre will bring you in to the operating room. Your carer can come with you



The doctors and nurses will check your name band to make sure they have the right person for the right operation.



We will put some monitors on your finger your chest and your arm.

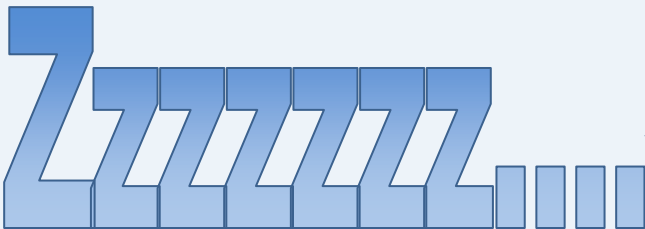


The doctor might need to put a plastic straw in your hand.

If you are **not** having a general anaesthetic you can go the next page.



The doctors and nurses will ask you to blow into a mask. It will smell a bit funny.



Now you will be off for a sleep.



When you wake up you will be in the recovery room. There will be another nurse there to look after you.



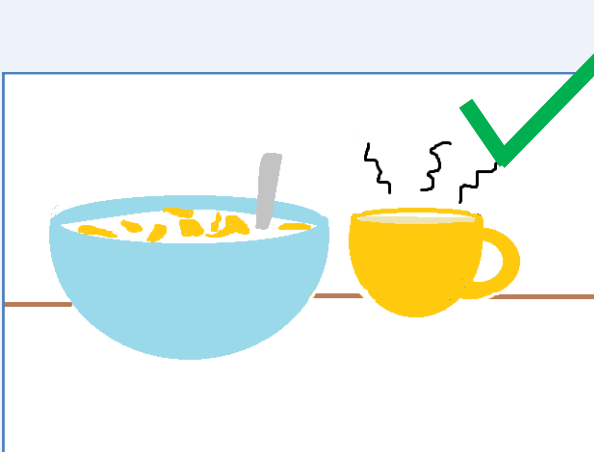
When you are comfortable enough the ward nurse will come and collect you.



We will bring you back to the ward in your bed.



The nurse will get you comfortable in your bed and check you with some monitors again.



Now your operation is over it is time to have something to eat.



It is nearly time to go home. Thank you for visiting hospital.



South Infirmity Victoria University Hospital  
Old Blackrock Road, Cork T12 X23H  
Tel 00353 21 4926100

**Thank you to everyone involved in the  
development of the social story booklet**

**Further Information:**

[www.sivuh.ie](http://www.sivuh.ie)

0214296100

Some pictures in this booklet were taken prior to the COVID-19 pandemic. Infection control guidelines will be followed by hospital staff at all times during your admission.



**This booklet was developed as part of a service innovation project funded  
by Cork/Kerry ONMSD**