

Autism Passport

My name is:

I like to be called:

Date of birth:

Postal address:

Phone number:

My emergency contact is:

Phone number

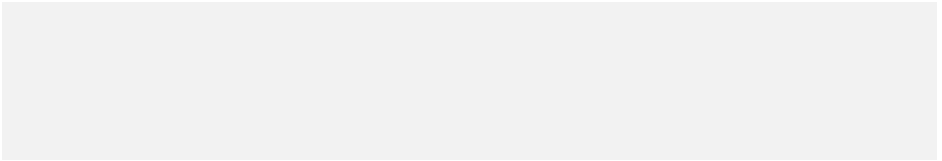
In addition to this Autism Passport, we encourage you to sign up to the **Pegasus Card Scheme**:

Sussex Police Pegasus Card Scheme is for people who find it hard to communicate with us – we keep your pre-registered information safe on our computer and we can access it quickly if you call us. You don't need to repeat all your details.

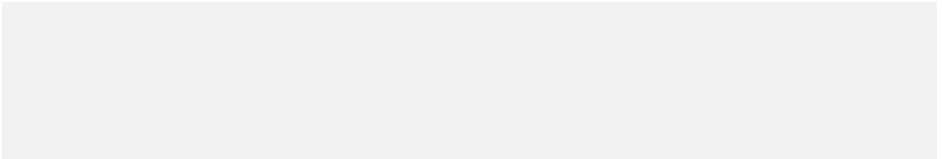


About me

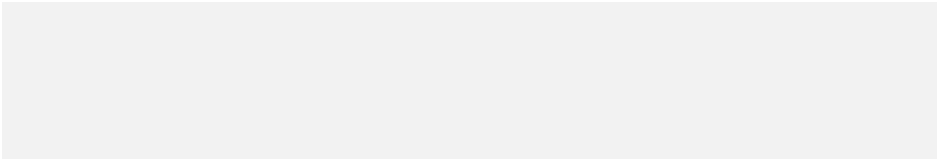
How to communicate with me:



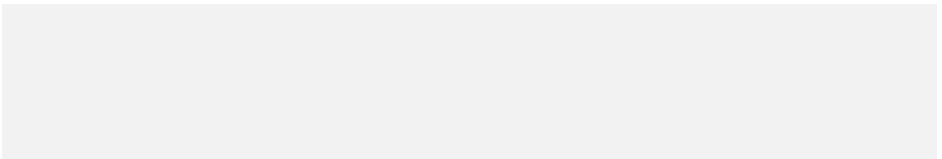
Things that cause me distress, including sensory differences:



Things you can do to help me:



Any other important information about me, (including medication or health conditions):



Ask me how I am feeling



Good (happy / working well)

Unsettled (not listening/ need to think)

Stop (angry/ upset)

An autistic person may:

- avoid eye contact or display minimal or unusual eye contact
- behave in an unusual, inappropriate or unpredictable way when anxious, stressed or confused
- find it difficult to cope in new and unfamiliar situations
- find it difficult to know how you are feeling and may seem insensitive, rude or blunt
- not understand the consequences of their actions or have no concept of danger
- dislike physical contact
- misinterpret verbal and non-verbal communications
- need extra time to process what is said to them
- seem argumentative, stubborn, extremely agitated, or over-compliant.

The Emergency Chat App is free to download. If you can't speak it helps by allowing text communication.



iPhone



Android

Scan an adjacent QR code:

How you can help me

1. Remain calm; be patient, tolerant and understanding.
2. Address me by name each time you speak to me.
3. When in contact with the police autistic people are classed as vulnerable. They are entitled to an 'Appropriate Adult'. This could be my emergency contact from page 1.
4. Be aware your behaviour and language can be confusing to me. Keep your language direct, concise and unambiguous.
5. Use short, single clause sentences and direct commands.
6. Ask one question at a time and allow extra time for me to respond – at least 8-10 seconds before asking more.
7. Autistic people may have a different understanding of personal space: standing too close doesn't mean they are being confrontational, and standing at a distance doesn't mean they intend to flee.
8. Always explain what is happening, what will happen and why.
9. Be aware autistic people may carry an object for comfort to help manage stress & anxiety; removing it can cause extreme distress. Only remove it if essential.
10. Avoid physical touch unless essential for safety.
11. Be aware autistic people may not notice if they are injured, hungry or thirsty.
12. Autistic people can be sensitive to crowded noisy places, sudden/ loud noises, touch, smell and lighting. Find the quietest, least busy, place possible; try to be reassuring.
13. Avoid sudden and unexpected changes.
14. Keep timings realistic and update any changes. Avoid being specific about timings; you may be taken literally and cause distress if you deviate from the time you have given.

Passports - Tell Us What You Think



How has using this passport helped you? Could you suggest any changes? Scan the QR code to offer your feedback or email

APB@eastsussex.gov.uk

Or write to: Autism Team, West H, County Hall,
St. Annes Crescent, Lewes BN7 1UE

