

# Autism Passport

My name is:

I like to be called:

Date of birth:

Postal address:

Phone number:

My emergency contact is:

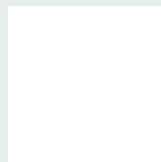
Phone number:

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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.

Scan here:



## 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



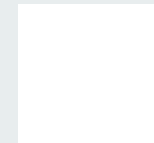
### An autistic person may:

- 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 express emotions, feelings, and needs.
- Find it difficult to know how you are feeling and may seem insensitive, rude, or blunt.
- Not understand 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.

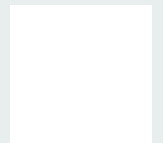
The Emergency Chat App is free to download. If you can't speak it helps by allowing text communication.

**Scan an adjacent QR code:**

iPhone:



Android:



## 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.
5. Keep your language **direct, concise** and **unambiguous**.
6. Use **short**, single clause **sentences** and direct commands.
7. Ask **one question at a time**, and allow extra time for me to respond – **at least 8-10 seconds** before asking more.
8. 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.
9. **Always explain what is happening**, what **will happen** and **why**.
10. 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**.
11. **Avoid physical touch** unless essential for safety.
12. Be aware autistic people **may not notice if they are injured**, hungry or thirsty.
13. 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.
14. **Avoid sudden and unexpected changes**.
15. 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.



East Sussex  
**Autism Partnership Board**

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](mailto:APB@eastsussex.gov.uk)

Or you can write to:

East Sussex Autism Partnership Board, West H,

County Hall, St Anne's Crescent

Lewes, East Sussex, BN7 1UE



**SCAN HERE**

[View the East Sussex Autism Partnership  
Board feedback form on MS forms](#)