



# MY EMERGENCY ROOM HEALTHCARE PASSPORT

## MY INFORMATION

NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

WHAT I LIKE : \_\_\_\_\_

### I PREFER TO COMMUNICATE WITH YOU:

- ☐ VERBALLY
- ☐ WRITING
- ☐ ASL
- ☐ COMMUNICATION DEVICE
- ☐ COMMUNICATION OR LETTER BOARD
- ☐ OTHER \_\_\_\_\_
- ☐ I NEED AN INTERPRETER FOR  
\_\_\_\_\_

- Please respect my means of communication and assume I am intelligent.
- Please speak directly to me, slowly and calmly, using short phrases. That would make things much more calming.
- Allow 5-10 seconds for me to process.
- Offer two choices and say what to do, not what not to do.
- Keep a neutral or smiling face and a calm voice, even if I'm upset.
- Let me know if I am doing what you are requesting. (For example, "You're doing great staying calm. Would you like to hold my hand or squeeze a stress ball?")

ALLOW MY \_\_\_\_\_ TO STAY WITH ME.  
THEIR NAME IS \_\_\_\_\_ CONTACT TELEPHONE \_\_\_\_\_

## MEDICAL INFORMATION

### DIAGNOSES

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### MEDICATION

TYPE	DOSE	FREQUENCY

ALLERGIES YES ☐ NO ☐

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### PAIN TOLERANCE

- ☐ I SOMETIMES FEEL PAIN MORE/LESS INTENSELY. PLEASE EXPLAIN WHAT YOU'RE DOING AND CHECK IN WITH ME IF I SEEM UNCOMFORTABLE.



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STRATEGIES THAT HELP ME COPE IF I AM STRESSED (TALKING ABOUT MY FAVORITE TV SHOW OR MOVIE, LISTENING TO MUSIC, DEEP BREATHING, FIDGETS, BODY PRESSURE, ETC)

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THINGS THAT CAN TRIGGER ME IN A HOSPITAL SETTING:

- ☐ UNEXPECTED TOUCH - PLEASE ASK/TELL ME
- ☐ BRIGHT LIGHTS - PLEASE DIM THE LIGHTS WHENEVER POSSIBLE
- ☐ LOUD NOISES - LET ME WEAR HEAPHONES OR PLAY MUSIC
- ☐ FEAR/ANXIETY ABOUT MEDICAL TESTS
- ☐ FEAR/ANXIETY THAT MY BEHAVIOR WILL ESCALATE AND YOU WILL CALL THE POLICE
- ☐ OTHER \_\_\_\_\_

## HOW TO SUPPORT ME WITH MEDICAL PROCEDURES

### MEDICATION

NO SUPPORT ☐ SUPPORT ☐

HOW?

### NEEDLE PROCEDURES

NO SUPPORT ☐ SUPPORT ☐

HOW?

### BLOOD PRESSURE

NO SUPPORT ☐ SUPPORT ☐

HOW?

### INSERTING IV

NO SUPPORT ☐ SUPPORT ☐

HOW?

### IMAGING

NO SUPPORT ☐ SUPPORT ☐

HOW?