Autism is a spectrum condition; autistic people share certain difficulties but will be affected in different ways.

Social Communication: Difficulties with interpreting both verbal and non-verbal language like gestures or tone of voice, abstract language and social cues/rules. May have a very literal understanding of language, and think people always mean exactly what they say.

Social Interaction: Difficulty 'reading' other people – recognising or understanding others' feelings and intentions – and expressing their own emotions. They may appear to be insensitive/seek out time alone when overloaded by other people or behave in a way thought to be socially inappropriate.

Repetitive Behaviour and Routines: Having a daily routine is common. They may want to always travel the same way to and from school or work or eat exactly the same food for breakfast. The use of rules can also be important. Autistic people may not be comfortable with the idea of change but may be able to cope better if they can prepare for change in advance.

Sensory Sensitivity: Autistic people may also experience over- or under-sensitivity to sounds, touch, tastes, smells, light, colours, temperatures or pain. This can cause anxiety or even physical pain.

DIMENSIONS FOR AUTISM

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My Health Passport

For autistic people

Personal Information

Full name	
How to address me	
Date of birth	
Address	
Phone number	
GP	
NHS number	
My medication	
My medication reactions and/or allergies	

Other people I would like you to contact in connection with my treatment and care

Name	Relationship	Phone number

Other information you should know about me

How I prefer to communicate	
How I prefer others to communicate with me	
My sensory differences	
How I experience pain	
How I communicate pain	

Other information (continued)

What I do when I am anxious	
What I need you to do when I am anxious	
Things that cause me distress	
How you can avoid distressing me	
My special interests and hobbies	

Any other relevant information
