

Cromwell
Hospital

My Health and Care Passport



World class care, expertly tailored to **you**

My Health and Care Passport

Information for Cromwell Hospital care staff about what is in my Health and Care Passport and how to use it

This Health and Care passport has:

- Important, personalised information about when I am well and when I am unwell – including how to communicate with me
- Has an important role to keep me safe

It will enable us to carry out legal duties for:

- Mental Capacity and shared decision making
- Providing reasonable adjustments and help to reduce health inequalities

It does not contain clinical information. Please refer to my clinical records including the NHS Spine, Summary Care record and the reasonable adjustment digital flag.

Name I like to be called	
Full name	
I want people to refer to me as male (he/his), female (she/her), non-binary (they/ them) (Please circle one option)	
Date of birth	
NHS Number (optional)	
Lasting Power of Attorney (LPA) for Health and Welfare	
Type	
Contact details of the LPA (Lasting Power of Attorney).	

Key to the traffic light system



Things you must know to keep me safe



Things that are important to me



My likes and dislikes



1. What is important for me and my health – how to keep me safe

For example:

- Allergies or intolerances.
- Medical conditions.
- My medications.
- How I express pain.

Write here



2. What is most important to me

For example:

- Family, friends & staff who support me.
- Who needs to stay and how often.
- How I use the toilet when I am well.
- Personal care.

Write here



3. People who are important to me

For example:

- My next of Kin is.
- My sister X visits daily.
- My carer X knows my routine.
- Please allow calls from:

Write here



4. My communication

For example:

- Speak slowly and clearly.
- Give me time to answer.
- I use gestures if I can't speak.

Write here



5. My health and wellbeing

For example:

- I need glasses and hearing aids.
- Gentle lighting is easier for me to remain calm.
- Quiet spaces help me feel calm.
- Remind me to drink water.

Write here



6. Please do and please don't

For example:

- Do: Explain before touching me.
- Do: Offer choices.
- Don't: Rush me when eating.
- Don't: Move my things without asking.

Write here



7. How and when to support me

For example:

- Help with dressing in the morning.
- If I need uninterrupted rest I will advise you via...
- Female staff for personal care.

Write here



8. Also worth knowing about me

For example:

- I love classical music.
- I am vegetarian.
- Strong perfumes make me sick.
- I read before bed - leave a light on.

Write here

Date this information was updated

Date completed

Supported to write this by