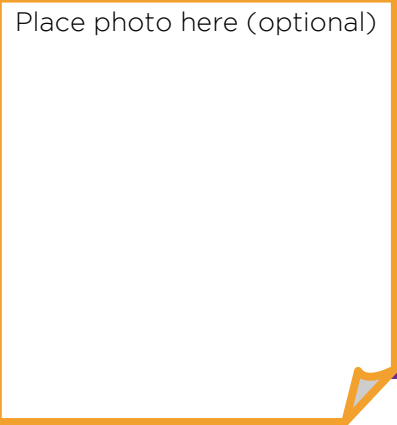


Place photo here (optional)



My PWS Passport

My name is:

I like to be called:

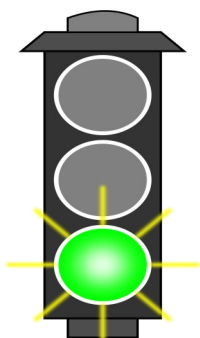
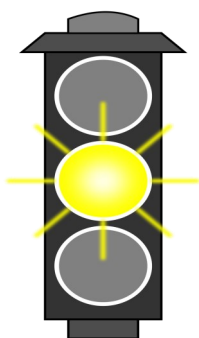
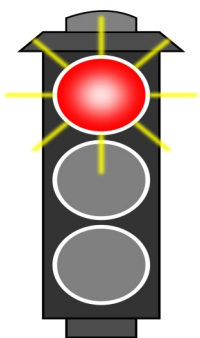
Who to contact for more information about me:

Name:
Address:

Contact Number:

Emergency Contact:

Allergies:



THINGS YOU MUST KNOW ABOUT ME

THINGS THAT ARE IMPORTANT TO ME

MY LIKES AND DISLIKES

THINGS YOU MUST KNOW ABOUT ME

****PLEASE DO NOT OFFER ME FOOD WITHOUT SPEAKING TO MY PARENT/GUARDIAN/CARER****

Eating:

I have breakfast at:

I have lunch at:

I have dinner at:

Foods and drinks I do not like OR am not allowed:

Foods and drinks I like and am allowed:

Snacks I am allowed:

Times I am allowed them:

I can/cannot be left unsupervised around food.

I am allowed the following at birthday parties:

THINGS YOU MUST KNOW ABOUT ME

How I usually am (Do I sleep a lot? Am I usually quiet?)

How I show pain and how to support me

How to support me if I am anxious, worried or upset

Behaviours I have that may be challenging:

This will help me:

- Stay calm, talk softly
- Offer me a quiet place for a few minutes
- Distract my attention away from the subject or object
- Talk about another subject I find interesting
- Give me space to calm myself
- Say as little as possible about the situation that may have triggered my behaviour
- Remove me from the situation if possible
- I might not want to speak to you, but I need you to keep me safe

This will NOT help me:

- Using a raised voice
- Using an aggressive tone
- Punishing me
- Arguing with me
- Talking about the situation that has upset me
- Talking to me if I have made it clear I don't want to talk
- Keeping me in the situation
- Giving in to my demands

THINGS YOU MUST KNOW ABOUT ME

A large, empty rectangular box with a red border, intended for writing the first section of information.A large, empty rectangular box with a red border, intended for writing the second section of information.A large, empty rectangular box with a red border, intended for writing the third section of information.

THINGS THAT ARE IMPORTANT TO ME

These people are important to me:

Personal Care:

Help I need with washing and dressing:

Help I need when using the toilet:

Moving around:

I need the following help and support:

Sleeping:

I go to bed at:

I wake at:

I do/ do not wake throughout the night and need the following support:

THINGS THAT ARE IMPORTANT TO ME

A large, empty rectangular box with a thin orange border, intended for writing.A large, empty rectangular box with a thin orange border, intended for writing.A large, empty rectangular box with a thin orange border, intended for writing.A large, empty rectangular box with a thin orange border, intended for writing.

MY LIKES AND DISLIKES

I like to do these things:

I don't like to do these things:

Activities I like to do:

Activities I don't like to do:

MY LIKES AND DISLIKES

Clothes and shoes I like to wear:

My favourite toys/objects of comfort:

Things that make me happy and feel safe:

Things that make me unhappy, anxious or scared:

MY LIKES AND DISLIKES

