

# My Health and Care passport

**Information for NHS and social 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 you 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) (delete the words that are not needed)	
Date of birth	
NHS Number (optional)	

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

**What is most important to me**

**People who are important to me**

**My communication**

**My health and wellbeing**

**Please do and please don't**

**How and when to support me**

**Also worth knowing about me**

**Date this  
information was  
updated**

**Supported to write  
this by:**