**Your Health Passport**



**By the Health and Disability Commissioner**



 **All about Health Passports**



**What is a Health Passport?**

* A Health Passport is a booklet that has information about you.
* Your Health Passport belongs to you.
* You keep your Health Passport with you.
* You decide how much information you put in your Health Passport.

**What kind of Health Passport should I get?**

Remember, you can get a Health Passport in:

* plain language
* Easy Read with words and pictures
* big writing.

**Who are Health Passports for?**

 Health Passports have been made for:

* disabled people
* people who communicate in different ways
* people who find it hard to talk about their health and support needs



* people who go to hospital a lot
* people who do not speak English as their first language.



**Who can read your Health Passport?**

You can decide who reads your Health Passport.

**Filling out your Health Passport**



* You can fill out a Health Passport or you can get someone you trust to help you.
* You might ask a friend, a family member or a support person to help you.
* You decide if it needs to be changed or updated.

**How do I use my Health Passport?**

* You can take your Health Passport with you when you go to hospital.



* You can take your Health Passport when you visit any health professional like a doctor or dentist.
* Your Health Passport will help doctors, nurses and other people working in health services understand your health and support needs better.
* Your Health Passport tells people things about you and things that are important to you, like:
	+ how you communicate
	+ what you like, and what you do not like
	+ how to work with you in a way that is respectful to you.

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**Health Passports are good in emergencies when it can be hard to speak.**

**How do I get a Health Passport?**

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* You can ask People First New Zealand for an **Easy Read Health Passport**.
	+ - * + Ask your Regional Coordinator



* + - * + Call 0800 20 60 70
				+ Email mail@peoplefirst.org.nz



* You can ask for a Health Passport when you visit the hospital.

* You can ask the Health and Disability Commissioner for a Health Passport.



* + - * + Call 0800 11 22 33
				+ Email healthpassport@hdc.org.nz



* + - * + Web [www.hdc.org.nz](http://www.hdc.org.nz)



**This information has been translated into Easy Read by People First New Zealand Inc. Ngā Tāngata Tuatahi**