Your Health Passport

By the Health and Disability Commissioner

Health and Disability Commissioner
Te Toihau Hauora, Hauātanga
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:
  
  o how you communicate
  
  o what you like, and what you do not like
  
  o how to work with you in a way that is respectful to you.

Health Passports are good in emergencies when it can be hard to speak.
How do I get a Health Passport?

- 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