

Your Health Passport

HDC HEALTH & DISABILITY COMMISSIONER
TE TOIHAU HAUORA, HAUĀTANGA

Health Passport

First name:

Last name:

Title (or no title):

Please ensure I take this
with me when I leave.

Referral Number:

**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

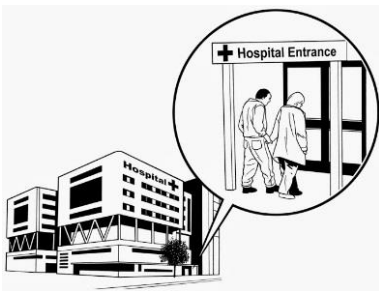


- You can fill out a Health Passport or you can get someone you trust to help you.



- 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:

- 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.



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.



Health and Disability Commissioner
Te Toihau Hauora, Hauātanga

- 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





Nothing About Us, Without Us

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

WRITE MARK
PLAIN ENGLISH STANDARD

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