



Name: _____

Purpose

This document belongs to me. It gives a quick overview of how my past experiences may affect my health and treatment. Trauma is not always visible, but it can influence health, communication, and care in many ways. This passport is designed to help us work together for the best care.

Relevant Trauma Experiences

- I grew up in care
- I experienced significant Adverse Childhood Experiences (ACEs)
- I have experienced military-related trauma
- I have experienced homelessness
- I have been in hospital settings that felt unsafe
- I have a history of domestic abuse / interpersonal violence
- I have experienced community or gang violence
- I have experienced imprisonment

Other: _____

Medical Family History

- Fully known
- Partially known
- Not known

If family medical history is not available. This does not reduce health risks, so my symptoms and needs should guide care.

How Trauma Impacts My Medical Treatment

- I may underplay or minimise my symptoms
- I may hesitate to seek help until things are serious
- I may appear calm/detached but be highly distressed internally (freeze)
- I may become anxious, restless, or want to leave quickly (flight)
- I may become defensive, angry, or mistrustful when feeling unsafe (fight)
- I may agree with everything said, even if I don't fully understand (fawn/people-pleasing)
- I may find physical touch (e.g., examination, procedures) triggering
- I may become overwhelmed by too much information at once
- I may struggle to make decisions under pressure
- I may avoid medication or tests due to fear or past experiences
- I may struggle to recall details of my history under stress

Other: _____

Ways You Can Help

- Give me time to consider and reflect on treatment options
- Allow me to ask follow-up questions later
- Be clear and transparent about medication and procedures
- Check that I've understood (ask me to repeat back, not just nod)
- Offer choice where possible (appointment times, treatment plans, communication style)
- Give me information in writing so I can process it later
- Use plain, clear language (avoid jargon)
- Give me warning before touching me (ask for consent each time)
- Provide a calm, quiet environment if possible (reduce sensory overwhelm)
- Offer a supporter, advocate, or trusted person to be present
- Break information into small steps rather than all at once
- Be patient if I struggle to answer quickly or get emotional
- Validate my experiences — don't dismiss them as "in the past"

Other: _____