

smokefree Oxon

My Stop Smoking Passport

Name (full and preferred):

This booklet is all about you and your needs. Fill it in and send it back to your stop smoking advisor. This booklet will help us understand your individual needs, which means we can support you better. You can update this passport at any time.

Advisor's name and contact details:

Things you must know about me



Name (full and preferred)



Date of birth



Address



Phone number



Email

Did you have support to fill this in, if so who helped you?

GP information and any other medical practitioners you interact with regularly

Next of kin information

Allergies

Current medications

Communication preferences

What is your preferred way for us to contact you?

Would you like us to send you information on what to expect at your appointment?

Would you like easy-read versions of the information we give you?

Would you like a summary emailed to you after an appointment or phone call?

Do you use sign language?

Do you use communication aids? If yes, please give details:

Is there anyone you would like us to include in communications with you? If yes, what are their details:

Nicotine Replacement Therapy (NRT) support

Do you need any support using products like nasal sprays or nicotine replacement gum?

How do you best learn about a new product you need to use? Practicing with your advisor?
Using step-by-step instructions? Use the space below to share how best we can help you:

Adaptations

Whilst waiting for your appointment would you prefer a quiet space with softer lighting?

Are there any mobility differences we should be aware of? E.g. Walking frame use, weakness in limbs, movements and positions your body struggles with, or more time to move around.

Is there any specialist equipment you need to move around or transfer? Ramps? Grab rails? Transfer boards? Hoists? Other:

Do you have a preference or need for a male or female advisor?

Will you be bringing someone to your appointment? If yes, in what capacity e.g. support with moving around, helping you understand or remember what was said during your appointment, emotional support etc?

What do you look or act like if you're feeling high emotion, like anxiety or upset? Crying, fidgeting, stuttering, showing a picture, swearing, shouting etc.

What do you need in times of high emotion? E.g a break, some quiet, to talk, to use a fiddle item etc.

Our normal appointment time:

Do you need appointments to be longer than this? If yes, please specify:

My likes and dislikes

Likes (please do this):



Dislikes (please don't do this):



Notes