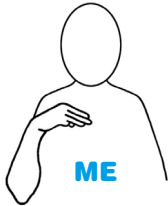


# MY PASSPORT



JERSEY'S INCLUSIVE CYCLE CENTRE



## NAME:

This information helps me to access the cycles at the cycle centre. It gives professionals important information about the cycles I can use and how to help me use them.

This passport needs to stay with me.

## THINGS YOU MUST KNOW ABOUT ME

## THINGS THAT ARE IMPORTANT TO ME

## THINGS I LIKE AND DISLIKE

### THINGS YOU MUST KNOW ABOUT ME

Name:	I like to be known as:
Date of birth / Age:	

Contact link:	Telephone number:
Emergency contact name:	Telephone number:

How to communicate with me:
Preferred language:
Communication aid:
How I see:
How I hear:

Completed by:	Date:
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**Relevant medical information:**

**Allergies:**

**Heart or breathing problems:**

**Important medication:**

**How I take my medication:**

**WHAT TO DO IF I AM ANXIOUS:**

**Completed by:**

**Date:**

## THINGS THAT ARE IMPORTANT TO ME

**How I move around** (walking aids, hoisting, slings, transfers):

### How I cycle

Cycles I use (please tick):

I can ride on my own / by myself:  Yes  No

**How long can I ride** Time:

Distance:

**Where can I ride?** (track, road, cyclepath)

### How I eat or drink during my ride

Eating:

Drinking:

How do you know I am in pain / am distressed / am about to have a fit / am tired or hungry:

Anything else you need to know about me that is important to me:

**Completed by:**

**Date:**

## Cycle set up (images, diagrams, notes)

## THINGS I LIKE AND DISLIKE



**Things I like** - Please do this:

Likes: e.g. what makes me happy, things I like to do, watching TV, reading, music, routines.  
Environmental factors or sensory.



**Things I don't like** - Please don't do this

Dislikes: e.g. things which make me sad or distressed such as loud noises, wind,  
colours I don't like, physical touch

**Completed by:**

**Date:**

# NOTES AND SESSION LOG

DATE	SESSION	NOTES