

Easy Read: About Me Card – Terms and Conditions

What is the About Me Card?



The About Me card helps you to tell doctors or therapists what makes you feel upset or anxious.

It helps staff understand you better and makes your visit easier and more comfortable.

1. Why use the card?

The card helps you share things that might make you feel:



Scared

Angry

Worried

Frozen or unable to speak

These feelings might come from:



Past trauma

Sexual assault

Mental health conditions

Autism or other neurodiversity

Anxiety

Other personal experiences

The card helps:



You feel safer

Staff understand your needs

Make your appointments less stressful

2. Who can use the card?



You

Only you can use your card.

It has your name on it.

People who come with you can't use your card for their own needs.

3. What the card can and can't do



Understand



The card helps staff understand you.

It doesn't promise that everything you ask for will happen.

Staff will try their best, but they have to follow hospital rules and safety.

4. Your information



By using the card, you agree that:

A copy of your card will be shared with the hospital team.

The information may be added to your medical file.

Your information will be kept safe and private.

5. Giving feedback

You agree to talk to Healthwatch Warrington about how the card worked for you.



You might be asked to share ideas to make it better.

Your feedback helps decide if the card should be used more in the future.

6. How long is the pilot?

The trial runs from **September 2025 to February 2026**.

Your feedback during this time is very important.

7. Signing the agreement



By signing, you say:

You understand and agree to the rules above.

 Signed: _____  Name: _____

 Date: _____