SENSORY JUSTICE · FREE · NO SIGNUP

The Pocket Pack

Small cards for big appointments. Fill them in, cut them out, keep them in your purse, bag or phone case — and hand them over instead of finding words on the spot.

Inside this pack

- ✦ My Adjustments Card — the one that says it before you can
- ✦ Appointment Prep Card — three questions, on paper
- ✦ Phone Script Card — for the calls that tie your tongue
- ✦ The Tell-Them-Once Letter — adjustments, recorded
- ✦ Assessment Request Card · Right to Choose Card · Assessment Day Card

Pairs beautifully with: *How to Work With Me* — our free fill-in sheet for your sensory needs, on the resources page at sensoryjustice.co.uk. This pack covers the moments around it.

CARD 1 · PRINT, FILL, CUT

CUT ALONG THE DASHED LINE

My Adjustments Card

Hand this to reception, a nurse, a doctor — anyone, instead of explaining from scratch.

My name

_____

Date of birth

_____ NHS number (if handy)

_____

I am (your words — e.g. sensory-sensitive, autistic, have ADHD, recovering, in pain):

_____

Please could you:

- ☐ speak plainly, one thing at a time
- ☐ write important things down
- ☐ tell me before touching me
- ☐ give me a quieter place to wait
- ☐ allow me short breaks
- ☐ book me first / last of the day

This is a request for reasonable adjustments — my needs are also noted in my GP record (ask us to add them!)

SPARE COPY — CUT ALONG THE DASHED LINE

(duplicate of Card 1 — for your bag, your supporter, or the glovebox)

CARD 2 · PRINT, FILL, CUT

CUT ALONG THE DASHED LINE

Appointment Prep Card

Fill this in the night before. Bring it. It's your tether.

What this appointment is about

_____

_____

My three questions

☐ 1. _____

☐ 2. _____

☐ 3. _____

What I want to leave with

☐ a plan, written down ☐ a referral

☐ a prescription or repeat ☐ a follow-up date

☐ my questions answered

Don't forget to bring

one-pager · medicines list · glasses · headphones · supporter · this card

CARD 3 · KEEP BY THE PHONE

CUT ALONG THE DASHED LINE

Phone Script Card

For when you have to ring. Read the words out loud — that's what they're for.

> "Hello, my name is _____, date of birth _____."
>
> (Start here every time — it stops the wobble and proves who you are.)

> "I'd like to book _____. I need a longer appointment and my adjustments noted — they're on my record."

> "Could I have the first or last appointment of the day? I wait better with fewer people around."

> "Could I have a written summary after the appointment, please? I take in written information better."

> "Could we check my referral is moving? I'd like to know where it is and what happens next."

> "I need to hang up now to think about that. I'll call back — thank you."
>
> (You're allowed to end any call. You don't owe anyone a decision on the spot.)

The Tell-Them-Once Letter

Post it, hand it in, or email it to the practice. Once it's in your record, you stop re-explaining.

Dear [practice name],

I'd like the following recorded in my notes, so I don't have to explain at every appointment:

1. Please give me _____ (e.g. longer appointments / first-or-last slots).

2. Please _____ (e.g. write key information down / send summaries after appointments).

3. In waiting areas, I need _____ (e.g. somewhere quiet / to be called by text).

4. Anything else that helps:

_____

This is a request for reasonable adjustments. Please confirm once these are added to my record.

Thank you for your help.

Name: _____ Date of birth: _____

Signed: _____ Date: _____

Tip: ask at the desk who it should go to — some practices have a form, some want it for the practice manager. Either is fine. Keep your copy.

CUT ALONG THE DASHED LINE

Assessment Request Card

For the GP conversation about an autism, ADHD or sensory-needs assessment.

> "I'd like to be referred for _____ assessment. Please note this request and my reasons in my record."

> "Here are my reasons, written down."
> (Hand over your list — examples from across your life beat eloquence.)

> "I hear that, and I'll consider it — but I'd still like the referral request noted today, please."
> (Polite, complete, and it keeps the door open.)

My reasons (jot three — they can be short):

_____

_____

_____

CUT ALONG THE DASHED LINE

Right to Choose Card

In England you can choose who provides your NHS-funded assessment — sometimes with much shorter waits. Ask, even if you stay local.

> "I'd like to use my Right to Choose. Which providers can I be referred to, and what are their current waiting times?"

> "Does the report come back to my GP, and will it be added to my record?"

> "Can you print or write down the providers and waiting times, so I can think about it at home?"

Kind small print: rules differ in Scotland, Wales and Northern Ireland. The honest question there is: *"What are my referral options here, and how long are they?"* Write the answer below.

What my GP told me on (date):

_____

_____

CARD 6 · ASSESSMENTS

CUT ALONG THE DASHED LINE

Assessment Day Card

For the day itself. Fill the top, request the rest — everything here is a reasonable ask.

Things I want them to know about me

Please could I have:

- ☐ breaks when I need them
- ☐ questions in advance or in writing
- ☐ a quieter room
- ☐ plain language, no jargon
- ☐ time to think before answering
- ☐ my supporter with me

> "Before we start — could the report come to me in writing, in plain words, and go to my GP record too?"

Bringing with me

diary & examples · one-pager · medicines list · school/work reports · supporter · this card

You made it to the last card. Every one of these asks is ordinary and allowed. Print the pack again any time — it's free, no signup, from sensoryjustice.co.uk.