# Free tools: All About Me page and Hospital Passport

Two free tools on the Knowing Me website help people who don't know the person yet, such as a new teacher, support worker or hospital team, understand them quickly. You don't need an account or the app.

## All About Me page

**Where:** knowingme.pro/all-about-me

A one-page profile to share with a new school, carer, respite service or support worker. It covers:

- about me, and what I love;
- how I communicate and how to talk with me;
- what upsets me, and what helps me feel calm;
- help I need, for example with meals or the toilet;
- important health information, such as allergies or a seizure plan.

## Hospital Passport

**Where:** knowingme.pro/hospital-passport

A short summary for hospital and ambulance staff. It covers the person's health needs, how they communicate and the support they need during a hospital visit or admission.

It does not replace medical records. Hospital staff will still follow their own procedures.

## How to use them

1. **Fill in the form.** A preview updates as you type.
2. **Print it, or save it as a PDF,** to share or keep in a bag.
3. **Add it to your phone's wallet** (Apple Wallet or Google Wallet) if you'd like it with you at all times.

## Your privacy

What you type stays in your browser. It's only sent to us if you make a phone Wallet card, and we don't keep a copy.

## Tips

- Use the person's own words where you can, such as "I like…" or "Please…".
- Keep it short, because busy staff read the first lines first.
- Update it when things change, and throw away old printed copies.
- Only share it with people who need it.

## Keep everything in one place

The Knowing Me app holds the full profile: health details, appointments, documents and your support team. It stays up to date for everyone you share it with. See our guide *"Getting started with the Knowing Me app"*.