



# The Empowerment Passport

## Olivia Mcdonald

EP0089

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## Emotional Adjustments

Challenges with anxiety/mood/feelings

Mental health awareness training for others would be helpful

I struggle with my mood and would benefit from a named mentor/buddy skilled in recognising my mental health needs

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Because of the effects of my chronic pain condition, I can get a bit weepy when I have not had enough sleep. I need others around me to be aware my mood relates to my pain not anything they have done to upset me

# Physical Adjustments

Challenges with your physical health, seeing, hearing, moving

I need to stand regularly to change position

I need to have a foot rest

I need an updated Access to work assessment

I need a height adjustable chair

I need to walk short distances only

I need to walk slowly indoors

I need an updated Access to work assessment

I need to pace all activities

I benefit from working earlier in the day

I need to take regular pain killers

I need to pace my standing tolerance

I need an updated risk assessment

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I would benefit from an assessment to get an adjustable chair .

Because of my back problem I cannot stand or walk very far although this is improving .I will apply for an Access to work assessment

I need a specialist chair as recommended by my physiotherapist so I will apply for Access to work

I cannot lift anything more than 5 kg (BAG OF POTATOES )

# Personal Emergency Egress Plan (PEEP)

To be completed by the Manager / tutor / placement provider in conjunction with the member of staff (copies to be retained). Signed copies to be kept in personnel file.

Name:
Department:
Building:
Floor:

## Additional Notes Here:

No Adjusted egress plans are identified for Olivia McDonald except normal evacuation drill applies.

## Additional Notes Here:

## Manager

- Name:
- Signature:
- Date:

## Employee

- Name:
- Signature:
- Date: