



ASPEN MATERNITY
AND WOMEN'S HEALTH CLINIC

ACE Score Information Sheet

Dear Patient,

ACE stands for Adverse Childhood Experiences.

Why are we asking about this? Traumatic childhood events such as abuse and neglect and household dysfunction experiences (such as witnessing crime, parental conflict, mental illness and substance abuse) are associated with health risk behaviours and many types of adulthood chronic illness.

ACEs are common with nearly two thirds of adults reporting at least one ACE. As the number of ACEs increases, so does the risk for health conditions.

By asking about ACEs we are acknowledging that past experiences shape current behaviour and health. Having an understanding of your past will help us best support you.

On the next page you will find a questionnaire about a number of different events that may have happened in your childhood. 1 point is given for each event that happened to you. You may share your completed form with us or you can just tell us your total score. Only your total score will be recorded in your chart.

You do not have to fill out this form if you do not feel comfortable to do so.

Sincerely,

The Aspen Maternity Doctors