

Some Sunflower cards use icons to indicate the type of help needed.



I have accessibility needs
Please ask me what they are



I may need more time
Please be patient and keep calm -
I may need more time to complete an
action or to communicate with you



**I cannot stand for long periods
of time**
I may need a place to rest,
especially if I am in a queue



**I may need a place to
sit down and rest**



Stairs/ramps are a barrier to me
Is there an accessible route?



**I may need urgent access
to the closest toilet facility**
Please assist me
without questioning



I have a carer/personal assistant
They provide support and will
need to accompany me



Please give me space
I need your help to keep
social distance



I need a quiet/safe place
Is there a safe/quiet space
I can use?



I am sensitive to sound
Is there a quiet time or
a quiet space?



I am sensitive to light
Is there a time or space where
the lights are dimmed?



I am sensitive to smell



I am sensitive to smoke



I have an assistance dog



Do not touch me
Physical touch can cause
distress and pain



I have sight loss
I have limited vision and may find
access to visual information or
judging distance a barrier



I require large print



I use Braille



I have a hearing impairment
Face me, speak clearly
but don't shout and if necessary,
write your message down



I sign



I use assistive listening



I require audio description



I have a food allergy



I may need help lifting or carrying



I have a hidden disability



To find out about the Sunflower, please visit:
hiddendisabilitiesstore.com

HIDDEN
disabilities 