

Non-visible disabilities quiz



Answers

1. How many people in the world are disabled?
 - a. **1 in 6**
 - b. 1 in 10
 - c. 1 in 25

An estimated 1 in 6 people experience significant disability. That's about 1.3 billion people around the world. (Source: [World Health Organisation - Disability factsheet](#))

2. Most disabilities are visible. True or false?
 - a. True
 - b. **False**

A lot of disabilities aren't visible. You can't always tell if someone is disabled just by looking at them. It's estimated that up to 80% of disabled people are living with a non-visible disability. (Source: - [Hidden Disabilities Sunflower - What is a hidden disability?](#))

3. How many disabled people have a non-visible disability?
 - a. 30%
 - b. 50%
 - c. **80%**

Globally, it's estimated that up to 80% of disabled people are living with a non-visible disability. That's over 1 billion people. (Source: [Hidden Disabilities Sunflower - What is a hidden disability?](#))

4. The Hidden Disabilities Sunflower is:
 - a. **A yellow sunflower on a green background**
 - b. A yellow sunflower on a blue background
 - c. A yellow sunflower on a red background
5. People may wear the Hidden Disabilities Sunflower to let people know that they have a non-visible disability and may need:
 - a. Extra support
 - b. Understanding
 - c. More time
 - d. **All of the above**

It's something that a person with non-visible disabilities can choose to wear to let everyone know that they might need extra help, understanding or just more time.

6. You need to show proof of your disability to be able to wear the Sunflower.
 - a. True
 - b. **False**

You don't need to show any proof to be able to wear the Sunflower. It's there for anyone who needs it! You don't need to have an official diagnosis, meet any criteria or show proof of your disability.

7. When was the Sunflower launched?
 - a. 1999
 - b. 2016**
 - c. 2023

In 2016, the Sunflower was launched at Gatwick Airport.

8. In 2023, Hidden Disabilities Sunflower broke the world record for the longest lanyard. How long was it?
 - a. 576.5 metres
 - b. 2457 metres
 - c. 3784.5 metres**

Hidden Disabilities Sunflower is an official Guinness World Records™ holder for the longest lanyard! They broke the record in 2023, with a lanyard that was 3,784.5 metres. That's 12 times higher than the UK's tallest building - the Shard in London.

9. What's the tagline often associated with the Sunflower?
 - a. Making the invisible visible.**
 - b. Making disability less hidden.
 - c. Growing awareness of hidden disabilities.
10. Which of the following is NOT a reason why the sunflower was chosen as a symbol?
 - a. It's easy to recognise and spot.
 - b. It's linked to positive things like happiness, positivity and strength.
 - c. It symbolises peace and calmness.**

A sunflower was chosen because it suggests happiness, positivity, strength, as well as growth and confidence, and is universally known. (Source: [Hidden Disabilities Sunflower - What is the Hidden Disabilities Sunflower?](#))

11. Which of these could be examples of non-visible disabilities?
 - a. Autism
 - b. Diabetes
 - c. Dyslexia
 - d. Chronic pain
 - e. All the above**

There are lots of different non-visible disabilities and each person's experience is unique. You can find out more about different disabilities that are not immediately obvious to others on the [Hidden Disabilities Sunflower website](#).

12. What's the International Symbol of Access (ISA)?
 - a. A person with a walking stick
 - b. A wheelchair icon**
 - c. A hearing aid symbol

The International Symbol of Access (ISA) has been officially recognised since 1969, to indicate

accessible services and facilities. It shows a wheelchair user, often on a blue background. It can be used to show accessible parking spots, accessible toilets, or on buttons for automatic doors. (Source: [Rehabilitation International – Symbol of Accessibility](#))

13. What percentage of disabled people in the UK use a wheelchair?
- a. **8 – 11%**
 - b. 27 – 30%
 - c. 65 – 88%

There is no exact data, but it tends to be estimated around 8 – 11%. There's lots of conditions that may not require a wheelchair, such as hearing loss, epilepsy, or anxiety disorders. Some people may also need to use a wheelchair temporarily, such as after a broken ankle.

14. Where can someone wear the Sunflower?
- a. At school or college
 - b. At work
 - c. On public transport
 - d. **All the above**

The Sunflower can be worn anywhere. The person can choose when, where and if they want to wear it.

15. Some people might only be disabled for a short amount of time. True or false?
- a. **True**
 - b. False

Hidden disabilities can be situational, for example, a nut allergy, some are temporary, for example, a hip operation or an injury, such as a broken ankle; or some are permanent but do not present all the time: for example, migraines or Crohn's disease. (Source: [Hidden Disabilities Sunflower: In facts - the Sunflower](#)).

16. How big's the tallest sunflower ever recorded?
- a. **9.17 metres**
 - b. 18.34 metres
 - c. 3.26 metres

The tallest sunflower ever recorded was 9.17 m (30 ft 1 in). It was grown by a passionate gardener in Germany in 2014. (Source: [Guinness World Records™ - Tallest sunflower](#))

17. What should you do if you see someone wearing the Hidden Disabilities Sunflower?
- a. Ask them why they're wearing it
 - b. **Treat them with patience and understanding, and ask how you can help.**
 - c. Help them straight away.

Treat everyone with respect and avoid making assumptions. Someone wears the Sunflower to show that they may need extra support, understanding or patience.

18. Only 17% of disabled people were born with their disabilities. True or False?
- a. **True**
 - b. False

This is true. (Source: Institute for Public Policy Research article - Work for disabled people)