

Match the Hidden Disabilities Sunflower icons

To find out more about the Hidden Disabilities Sunflower, please visit hdsunflower.com/uk

I can't stand for long periods of time.
I may need a place to rest, especially if I'm in a queue.



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



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 communicate with you.



I may need a place to sit down and rest.



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 have a food allergy.



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.

