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



I have accessibility needs Please ask me what they are





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

l sign



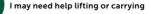
I use assistive listening



I require audio description



I have a food allergy





I have a hidden disability



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

