Some Sunflower cards use icons to indicate the specific type of assistance 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 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 have a hidden disability**

To find out about the Sunflower cards visit hiddendisabilitiesstore.com/make-it-your-own