

## SUNFLOWER ICONS

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](https://hiddendisabilitiesstore.com/make-it-your-own)

**HIDDEN**  
**disabilities** 