

Using this Helpcard

DO show it to staff or officials, so that they can help you – for example in shops or on buses.

DON'T show it to strangers who could take advantage of you.

DO call the Dementia Helpline free on **0808 808 3000** if you need advice.

Alzheimer Scotland, 22 Drumsheugh Gardens
Edinburgh EH3 7RN. www.alzscot.org

Registered in Scotland 149069 • Scottish Charity no. SC022315



I have an illness called dementia.

I would appreciate your help and understanding.

See inside this Helpcard for more information on how my illness can affect me and how you can help.

My name is _____

Due to my illness I sometimes:

(Tick any of these that affect you)

- | | |
|---|---|
| <input type="checkbox"/> get confused | <input type="checkbox"/> can't manage money |
| <input type="checkbox"/> feel lost | <input type="checkbox"/> need help crossing roads |
| <input type="checkbox"/> forget things | <input type="checkbox"/> mistake the time or day |
| <input type="checkbox"/> can't make myself understood | <input type="checkbox"/> panic |
| | <input type="checkbox"/> other _____ |

I like to be independent, but sometimes I need help. Here's how you can help me:

- **Be patient and try to understand me.**
- **Ask how you can help me.**

If I seem very confused or distressed, contact:

Name: _____

Daytime phone: _____

Evening phone: _____

Mobile phone: _____