

Using this card

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 – Action on Dementia
22 Drumsheugh Gardens, Edinburgh EH3 7RN. www.alzscot.org
Registered in Scotland 149069 • Scottish Charity no. SC022315



Alzheimer Scotland
Action on Dementia

I have an illness called **dementia**.

I would appreciate your **help**
and understanding.

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

Due to my illness I sometimes:

- | | |
|---|---|
| <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 _____ |

(Tick any of these that affect you.)

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: _____