

## 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](http://www.alzscot.org) [helpline@alzscot.org](mailto:helpline@alzscot.org)

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**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: \_\_\_\_\_