I have an illness called dementia. See inside this Helpcard for more information on how my illness can affect me and how you can help.

I would appreciate your help and understanding.

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 24 hour Freephone Dementia Helpline on 0808 808 3000 if you need advice.

Alzheimer Scotland, 160 Dundee Street, Edinburgh, EH11 1DQ. www.alzscot.org  helpline@alzscot.org
Registered in Scotland 149069 • Scottish Charity no. SC022315
My name is ___________________________

Due to my illness I sometimes:
(Tick any of these that affect you)

☐ get confused
☐ feel lost
☐ forget things
☐ can’t make myself understood
☐ can’t manage money
☐ need help crossing roads
☐ mistake the time or day
☐ panic
☐ 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: ________________________