

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

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**Alzheimer
Scotland**
Action on Dementia

**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: _____